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# Woman

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# TAKE YOUR HAIR TO PARADISE





# Inside this issue!



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*Are you panicking about your holiday diet? Fear not – we have a fab 10-page Diet Extra to inspire you (starts p32). Read about the mum*

*who got back into her skinny jeans, then follow our diet to see how you can do it too. Or melt away the pounds with 10 of the best nip-tuck dresses and the easiest food swap plan ever. Plus see our pick of the celeb diet DVDs. Good luck!*

*Karen*  
Editor, Woman



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## HALF-PRICE NOVEL OF THE WEEK WITH WHSMITH!

Each week, you can get our 'review of the week' book for less than half price with WHSmith. Just turn to p56, cut out the coupon and take it to a high-street WHSmith for your half-price novel. Happy reading!



Turn to p56

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Subject to availability. Most stores.

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\* On the cover



# WEEK II

*Style spy Karan Rai*



## AMANDA HOLDEN

Amanda, 44, channels her inner screen siren in this silky David Boughton gown. Her accessories are minimal and her hair is in loose curls for that added glamour.



## CAT DEELEY

Presenter Cat, 38, looks striking in this halter-neck orange ballgown with purple fur detailing. Keeping her hair centred is a smart choice.



## LORRAINE KELLY

Lorraine, 55, shows off her enviable hourglass silhouette in a gorgeous lemon dress. Wearing it with a large handbag creates the perfect daytime look.



## ALESHA DIXON

BGT judge Alesha, 36, teams her shiny orange culottes with a bright orange jumper, both by Carven, to make for a vibrant look.

# ORANGES

*These celebs have been adding*



# NSTYLE

*is feeling fruity this week*



# & LEMONS

*some serious zest to their wardrobes!*

## LAURA CARMICHAEL

Actress Laura, 29, teams a yellow midi with her classic blonde waves. The slit sides and eye-catching peach lippy really adds that wow factor.

## KELLY BROOK

Kelly, 35, shows off her famous assets in this figure-hugging wrap dress. Ditch the stilettos and opt for sandals on a sunny day.

## FEARNE COTTON

Fearne, 33, complements her skin tone perfectly with this sunny yellow dress. The high neckline and fluted sleeves scream '60s chic. Love the handbag, too.

## MYLEENE KLASS

Classy Myleene, 37, looks absolutely stunning in this floor-length, scoop-neck, peachy number. Tangerine lips add some extra va-va-voom.





woman

# ABOUT

# TOWN

*Chloe, Sara & Helen bring you the latest gossip...*



**BREAKING NEWS!**

## Cheryl blasts body bullies

Cheryl Fernandez-Versini hit out at the 'body shaming' critics who branded her a 'bag of bones.' The 32-year-old, who was spotted on hols looking pale and gaunt, snapped back on Instagram writing, 'I'm so sick of it being OK to call someone too thin. You have no idea what I've been through losing my father-in-law recently. Not that I should justify myself to anyone.' Ouch, don't mess with Chez!



**EXCLUSIVE!**

## Hot Holmes!

Here's our Eamonn giving George Clooney a run for his money looking super slim and suave. The presenter told About Town his weight loss secrets. 'My wife Ruth makes me smoothies to take into work so that replaces a bacon buttie. I'm also doing Pilates.' Keep it up!



## Something to tell us Peter?

With their wedding moving forward to this year, could Peter Andre and fiancée Emily have some further news to announce?



**Gossip to go** \* Lily Allen reportedly treated by paramedics after her collapse at Glastonbury





Gran is going to be totes emosh about my show!

# The Only Way Is Harry!

Never mind *Made In Chelsea's* blue bloods, the newest reality star could be *actual* royalty as it's been reported Prince Harry is being followed by a TV crew during his summer volunteering in Africa. But apparently, aides are concerned we might see a bit too much of the party prince...



It's always lights, camera, action when the Spices hit the town...

## SPICES AT THE RACES!

Geri, Mel, and Baby spice up the Grand Prix as the trio enjoyed a mini pop reunion. Hosted by Geri, who recently wed Formula 1 boss Christian Horner, the girls looked ultra glam, adding to rumours they're gearing up for an anniversary reunion concert in 2016. We Wannabe there when that happens!



That's what friends are for – Carol with the *Loose Women* and mum Jean.

## Forever friends

Reunited for lunch with the *Loose Women*, it's lucky Carol Vorderman has the support of her friends as she revealed her mum Jean, 87, is set to undergo her third cancer operation.

Writing on Twitter, she said, 'Mum is having her cancer op today but it's minor compared to the others.' Good luck, Carol!



## Ben's secret BOLT HOLE

After news 'Bennifer' are heading for divorce, reports in the US suggest Ben Affleck's been hiding a bachelor pad behind wife Jennifer Garner's back for the last year. Another sad Hollywood ending!



Ben's batcave is just five miles from his family home in California

\* Former *Corrie* star Helen Flanagan welcomes baby daughter Matilda into the world, awww!





A photograph of two women standing on a white bridge railing, laughing and looking at each other. The woman on the left has long blonde hair and is wearing a purple top. The woman on the right has short dark hair and is wearing a yellow blazer over a white top. The background shows a blurred outdoor setting with trees and a path.

# SENSITIVE BLADDER?

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†377 UK shoppers surveyed, Sep '14 - Jan '15





**WOMAN  
EXCLUSIVE!**

# HOLLY'S SECRET FIGHT

*As she plots her return to work, Holly Willoughby's hoping it all goes to plan...*

**H**olly Willoughby may have a blissful summer ahead, enjoying the sunshine with her three children and husband TV producer Dan Baldwin. But she's already planning with 'military precision' how she's going to pull off her return to *This Morning* in September following her maternity leave.

And while she's more than happy at the idea of returning to the sofa to resume her spot next to Phillip Schofield, she knows she has more to juggle than ever before to maintain her delicate work-life balance.

## 'It's a military operation'

'With every pregnancy Holly has learned a little more,' our insider explains. 'The challenges have mounted – as have her commitments – so she's leaving nothing to chance this time. Holly is a master of the finer details. For example, she'll always call a motorbike taxi rather than a car because it minimises her time spent travelling. But there's no doubt Holly's approaching her return to work with trepidation this time.'

Her best friend, presenter Fearne Cotton, confessed it was 'scary' when her own maternity leave for son Rex, two, ended, adding, 'I don't know any working mum who says, 'I'm 100% happy leaving my kid'. And perhaps that applies to her BFF Holly, who now has three children under six to take into consideration.

But if anyone is up to the task, it's Holly. Fearne admits she's in awe of her friend's talent for managing life. 'My aim is to grow up like Holly. I go round and her house is perfect, she's so together and I go home and think I live in a hole,' she admitted.

Holly also relies on her family network,

including her mum Lynne, who she speaks to three times a day, and her sister, Kelly. Our source adds, 'Fortunately she can call on her mum to help, who is as experienced in these things as anyone! It's like a military operation. She's also been calling meetings with the executives at *This Morning*, plotting her return and working in fail-safe moves so her family won't be affected.'

## 'He would just scream'

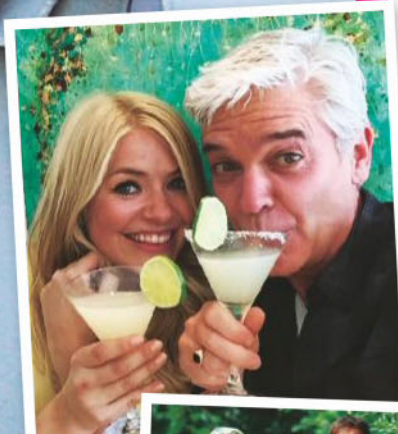
And it seems things have been bumpy third time round for mum Holly. She revealed that Chester, born last September, suffered with silent reflux, which made feeding difficult. 'He'd just scream and wouldn't eat because he knew it was going to hurt. It was stressful, but he's great now. I said to my mum it was meant to be that I took time off work as I had the time to be up with him all night.'

## 'THE WHOLE THING WAS HORRIFIC'

It makes a change from her previous maternity leave when the star famously returned to work just five weeks after her son Harry, six, was born. And when Belle, four, arrived she took just four months away from the spotlight. Looking back she admits she doesn't know how she did it. 'Harry came with me to *The Xtra Factor* and stayed in the holding room with my mum. I was breast-feeding and every time I heard him crying I'd be running back to feed him. The whole thing was horrific.'

Now, having hinted Chester may be her last baby, Holly was determined to do it differently and take a proper maternity leave that gave her plenty of time to bond with her newborn, as well as make the most of precious quality time with her older children, especially as Belle is set to start school in September.

We're sure that when Holly returns to *This Morning*, it will look as effortless as ever. No wonder Fearne is just a little bit envious! ☺



Holly will soon be back with Phil after taking maternity leave for the birth of third child Chester







CRASH!



'Wheeee!  
This is much  
more fun than  
gardening  
with Grandad  
Charlie!'

I'm already  
rolling in it!

BANG!

# HAPPY BIRTHDAY

*Big brother Prince George*



My tanktop  
soldiers?  
I have them  
for real!



Someone's  
done a royal  
wee...



## Kate's boys

There's no denying it was George who stole the show at St Mary's Hospital when he went to visit his new little sister and mum in May. Check out the cute colour coordination with dad Wills!

## Peas in a pod

Kate must be proud as punch of the beautiful shots she took of her growing brood. George looks positively angelic in his new role as big brother to baby Charlotte.

## Handsome boy!

George saw out his last year as an only child in style with the sweetest photoshoot ever! And it seemed he'd already taken tips from Uncle Harry on the perfect pint pose!



# WALLOP!

## Rock and roll royal

The cherubic prince has clearly got a boisterous side. He's certainly proving to be a bit of a handful for his parents!

***In the spotlight***

Let's see what I can find up here...

# GEORGE!

*sure has had an adventurous year*



It's hard work being Prince Charming! An overcame George sheds a tear or two.



You stole my look, Great Granny!

Less of the lip, young man!



## Charlotte's christening

Peekaboo! Curious George teeters on tiptoes to take a look at his baby sister on her big day at St Mary Magdalene Church in Sandringham. The little prince was picture perfect in his Sunday best.

WORDS: HELEN STUART. PHOTOS: NEWSPIX, OIC, PA IMAGES, REX



**T**he London-born star hasn't stopped since hitting the big time. Idris Elba is in huge demand in Hollywood plus he's been filming a new series of *Luther* for the BBC, as well as turning his hand to directing. Soon we will see him taking on daredevil stunts in *Idris Elba: No Limits*. But, despite the gruelling schedule, the 42-year-old always makes sure he has time for his family, son Winston, one, with girlfriend Naiyana Garth, and his 13-year-old daughter Isan, with ex-wife Kim Norgaard. Here he reveals what he's learnt and why he loves life at 100mph.

**'I didn't tell anyone I was filming *Idris Elba: No Limits* because they would all just say, 'Oh my God, you're going to get hurt!'** And I couldn't handle that. They'll see it on TV and then the phone will keep ringing, and I'll just turn it off! I approached Discovery to do the series because I've always wanted to compete in rally driving. I'd never done drag racing or broken a land speed record before, all of which you see me tackle. You're going to see the mistakes and triumphs in full detail.'

**'Ever since I was a boy I've had a curious mind. What if you press that button?** That's what I love about being an actor; you are asked to do so many varied things. You never really know what you're going to do one day to the next. I've never had a sword fight in my life but tomorrow I might show up and be

handed a sword. To be honest, anyone can span as many genres as me. Everyone has the capacity to try different things – it's just people think they can't. I've been DJ'ing all my life, so only recently I was DJ'ing at a festival then I flew to Nice to produce a TV show, then flew to the UK to do a film about aerodynamics. It really is just a mental block when you say, How do I fit it all in?' You really can do it!'

**'I've sort of conquered fear. In life there is no place for it, it's just a waste of emotion.** I don't mean to sound deep and philosophical but fear is pointless. I've had to overcome fear, from my first audition to flying a plane. I've learnt that the harder I push and the bigger the challenge, the better I am. The higher the mountain, the less afraid of heights I become.'

**'I try to keep fit but I don't go to the gym as much as I should.** The biggest challenge is to keep mentally fit because when I'm tired it's dangerous, especially filming something like *No Limits*. I fell off my motorbike during training and it's given me some problems. It slowed me down a bit, but other than that no damage. I did have an accident in the rally car but it didn't hurt me, it hurt the car! I was a speed freak when I was a kid. I'd watch BMX riders in the early 80s jumping over hills and that was the first thing I did. Then I used to build go-carts. I lived close to Finsbury Park, in London, so I'd speed down the massive hills there. I have a little scar on my elbow where I scraped all my skin off going round a corner with no breaks on a go-cart I'd made out of pram wheels! I was a tyre fitter on a Saturday and I bought a red Mini for £50 with my tip money. Then as soon as I was allowed to drive, I bought an XR2, a fast Fiesta.'

# I'll slow down WHEN I'M DEAD!

WOMAN  
EXCLUSIVE!

*Idris Elba on loving life in the fast lane and making his kids happy...*



**'I try to see my kids as much as I can. But I don't do much relaxing. I'm getting my sleep in while I can but I only really relax when I go on holiday!'** I have to do a lot of multi-tasking, and if I sat on the sofa and thought about it, I would just not go anywhere. But the fact that I'm just getting on with it means I have a lot more capacity. It's like a balloon, if you fill it up with more air it's going to get bigger, and that's what's going on with me. I'll slow down when I'm dead! I think for the last five years my career has really intensified, and I'm a career person, so I'm going to ride that wave and then eventually I'll slow down because my body will tell me to relax a bit more. You're only given 75 years – you have to fill them.'

**'Taking on the Bond role is just a rumour.'** And I'll leave stunts to the stunt men, that's their job! I'll do the acting and they can do the stunts. That said, I do have a

skill set now after *No Limits*, especially with driving so if I do have to do driving sequences then I'm comfortable doing it myself. It always looks better on camera when you know it's the actor who's actually doing it. Maybe I'll write a script that encompasses me jumping in to a rally car! I'd like to do more rally driving.'

**'Playing Nelson Mandela in *Long Walk To Freedom* was definitely the most difficult thing for me, as far as challenges go.'**

It's because Mandela was a real person who was so admired and I am so different from who he was, so it seemed almost impossible. Can I learn the laws of aerodynamics in a couple of days? Yes, I can. Can I pull off playing someone like Nelson Mandela? That wasn't as straight forward! But, the achievement of bringing a scene to life from paper, especially when you work with great actors and directors, is amazing. On *Luther*, for example, the buzz when you finish a really great scene is exhilarating. There are loads of roles I'd like to play; as an actor I'm still growing. As long as an audience enjoys watching me, then I'll keep on doing it.'

**'Because I have children, and they love to be a part of what I do, it's a great opportunity to do something like *Jungle Book*.** It means I can take them something and say, 'Here kids, listen to your old man!' My daughter has seen loads of my stuff even though she's not supposed to! She's an adrenaline junkie too. I think she wants to get in to acting and I don't mind what she does to be honest. But who knows, she's young still so she'll do what she wants and I'll encourage her with it.'

**\* Idris Elba: *No Limits* starts exclusively on Discovery Channel on Monday 6 July at 9pm**



Idris with his 13-year-old daughter Isan...



...and with girlfriend Naiyana, the mother of his son Winston



Ready for action in his new show *No Limits*



# My brave wife... & the last party SHE EVER PLANNED

*This May, Ben Krueger said goodbye to his wife Athena. Here, he shares his memories*

**L**ike most proud parents, at our daughter's first birthday party this May, my wife Athena and I took endless photos and watched incredulously as Amari spent more time playing with the torn wrapping paper than her new toys. But as happy as the day was, our smiles in the photos hide an overwhelming anguish. Because we both knew it would be the only birthday of Amari's that Athena would ever see.

I met Athena in 1995. We were only in secondary school, but even then I thought she was the most beautiful girl I'd ever seen. It wasn't just her long blonde hair or bright blue eyes, it was that it didn't matter who she was speaking to, she treated everyone the same. And she was always smiling.

I never had the courage to ask her out, which turned out to be a good thing, as years later she confessed she'd probably have turned me down (she always did like keeping me on my toes). But we stayed in touch and finally, at 28, I told her how I felt and she agreed to go on a date.

She'd always been quite the planner, but it wasn't until then I realised just how much she liked to organise everything. She chose a restaurant and where we'd go for drinks – looking back, I'm surprised she didn't turn up with an itinerary! Still,

**'HER  
STRENGTH  
AMAZED ME'**

I spent most of the night laughing and it wasn't long before I realised there was no one else I wanted to spend my life with.

We married in September 2011, and two years later I found myself waiting outside the bathroom as Athena took a pregnancy test.

'I've got stage fright,' she laughed. 'Go downstairs!' A few moments later, she came out smiling – we were going to be parents.

We excitedly called family and friends, but just a few weeks later, Athena found a lump in her left breast. The doctor assured us it was just a swollen milk duct, but as it got more painful, Athena insisted on a second opinion. After a biopsy, we were dealt news that devastated us. It was cancer.

Sitting in the doctor's surgery, it didn't seem real, but Athena's first thought was the life growing inside her. 'Will our baby be OK?' she asked.

The doctor explained they'd try to shrink the tumour with chemotherapy, and though they'd have to deliver the baby earlier, the

risks of it being harmed were slim. They'd operate to remove the lump afterwards.

## No slowing down

We were meant to be arguing over baby names, not thinking about cancer treatment. But Athena was resolute. 'We'll get through this,' she said. As her bump grew, she endured rounds of chemo that robbed her of her hair and made her sick, but her strength amazed me. She kept working in her sales job and even started writing a blog, documenting our excitement about expecting a little girl. If I ever suggested she slow down, even a bit, she'd just feign a scowl.







**AMARI'S  
1ST BIRTHDAY  
PARTY**



Athena fought so hard to be there for Amari's first birthday

But in March 2014, results came back that the tumour wasn't responding as we'd hoped. Doctors wanted to get the baby out soon so they could operate. I'd never felt so helpless – I couldn't do a single thing for my wife or my baby.

A month later, on 6 May, at 32 weeks, Amari was born. She was tiny at 3lb 13oz and, being so premature, she was hooked up to machines. Finally, four weeks later, we were allowed to take her home.

As we walked through the door, for a moment, we forgot about cancer completely. We were just like any other first-time parents – terrified about what to do with this tiny person who now relied on us for

everything, but happier than ever.

There was more good news when, after a lumpectomy that July, it seemed like Athena was making a recovery. For a brief time, we were given our lives back but, just two months later, we were told the cancer was in Athena's lymph nodes.

We spent our savings on private treatment and spent every day at the cancer ward. But, by March 2015, the cancer had spread to Athena's brain. There was little hope.

I refused to let Athena see me cry. Instead I'd go for a run. Alone, I couldn't help but think about the future – it would be a future without the woman I loved. She wouldn't be there to see our baby take her first steps, she wouldn't be sleeping beside me at night.

But while the cancer was ravaging Athena's body, it wasn't destroying who she was, and she started planning Amari's first birthday party. 'I will be here to see it,' she told me. 'And it's going to be incredible.'

Between nurse visits, and with the help of friends, she came up with the idea of a big tea party for the weekend before Amari's birthday. She sent invitations to everyone we knew and would be on the phone every day hiring more decorations or a bigger cake. When the day arrived,

together, we got Amari ready in a pink dress, and when I put on the Mad Hatter costume Athena had ordered for me, she couldn't stop laughing. And, despite being in agony, she kept laughing the entire day. She wasn't going to give up.

**A final goodbye**

The house was still full of family for Amari's actual birthday four days later, but Athena was more frail than I'd ever seen. 'Help me breathe,' she begged, gasping. It was the first time she'd ever asked for help and, again, there was nothing I could do.

The next morning, she called for me. I found her sitting on the edge of our bed, her eyes glazing over. 'I need to go now,' she said. I thought she meant that she wanted me to take her to the bathroom. But as I reached for her arm, she stopped me. 'I need to go,' she repeated. That's when I realised what she meant.

Doing the only thing I could, I held her in my arms and told her I loved her as she slipped away.

Nothing could have prepared me for that moment. How was it possible I'd never hear her laugh again, never see her smile? I might never have stopped crying, but I had Amari to think about. And, I vowed to myself, as proud as Athena had made me, I would do the same.

It hasn't been easy, and in the two months since Athena has been gone, not a moment has passed when I don't miss her. But I see her in Amari every day, from that scrunched-up mock scowl when I get her up from a nap to her big blue eyes. And I tell her about her mummy all the time,

from how she made fun of me for crying as she walked down the aisle, to the time the doctor said she was too ill to do sit-ups but I found her hiding in the wardrobe doing them anyway.

I tell her how mummy will always be a part of us, and how hard she fought to be there for her birthday. Athena was the bravest woman I've ever known. 🍷

**'SHE WASN'T  
GOING TO  
GIVE UP'**



Ben's vowed to stay strong for Amari



TESCO

*Every little helps*

# Get more barbie-kudos

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# Don't tell me I can't...

# Ride a motorbike

# IN MY 50s

Caroline Gove reveals how anyone can channel their inner biker chick

**T**o see me careering down the road on my motorbike, clad in my leathers, you might think I'm a daredevil. But when I take off my helmet, you'll see I'm hardly a Hell's Angel. I'm a 56-year-old mum-of-four – and while there once was a time I'd have grimaced at the thought of climbing on to a motorbike, now cruising down the open road is my favourite way to spend a weekend.

Growing up, I was never much of a risk-taker, preferring to watch from the sidelines as my friends had all the fun. It meant that after I met my husband John in 1981 and had our kids – Jim, now 27, Jack, 26, Rupert, 25, and Ailsa, 23 – I was overprotective.

When they learnt to ride a bike, I made sure they wore knee pads and helmets. And as they learnt to drive, I made sure they knew *exactly* how dangerous the roads could be. As a nurse working in A&E, I'd seen too many road-accident victims – I wasn't about to let my kids become one of them.

In August 2011, John and I bumped into an old friend, Will, at a party. He'd just got back from riding his motorbike across the US and told us he was going to ride through Spain in 2012. 'Sounds like fun!' John said.

I hoped he was joking, but back home, it became clear he was serious. Despite my protestations, John started lessons and three months later, he passed his test.

Terrified something would happen to him whenever he was on the bike, I made John promise to text me at regular intervals and I'd sit anxiously by the door, waiting for him to return. But soon I was forced to admit he was an excellent rider. And when he set off to Spain with Will the following summer, I felt confident he'd be OK.

When John returned, he raved about the adventures he'd had. As he told me how he'd felt so free on the open road, I was jealous. I realised – aged 52 – I'd never taken a risk in my life. So a few nights later, I told John I wanted to learn to ride a motorbike, too.

He was thrilled, but not everyone shared his enthusiasm. 'You're not cool enough!' Jim, then 24, scoffed. And friends told me I was mad. It only made me determined to prove them wrong.

In July 2012, I went to apply for a provisional licence. When I asked for a form, the receptionist thought I was asking for someone else. Her eyebrows shot up when she realised it was for *me*.

The first time I sat on a motorbike was daunting. But with the instructor riding behind me and giving me instructions via a headset, I felt safe. Before long, I began to enjoy setting off on the open road.

Still, as much as I was enjoying it and as simple as the theory test had been to pass, I failed the practical assessment twice. Finally, in November 2012, I passed.

I treated myself to a black Honda with orange stripes. Climbing on to it for the first time, I felt achingly cool. And before long, John and I began to take our bikes out, near our home in Suffolk, every weekend.

Soon after, John and I were sitting watching *The Bridge*, a Nordic crime drama named after the bridge connecting Sweden and Denmark. 'Fancy driving over that?' John asked. It was a throwaway comment but, with our kids in their twenties, there was nothing stopping us.

Six months after I passed, in May 2013, we found ourselves on a ferry to Denmark. Riding over the 8km-long bridge, taking in the breathtaking views, was a rush like nothing else.

Now you'll find me navigating winding country roads on my bike most weekends. It may have taken reaching my fifties to channel my inner daredevil, but it only makes the thrill more addictive. And when I'm out on the open road, I feel more alive than ever.

**'I FEEL  
MORE ALIVE  
THAN EVER'**

Caroline spends her weekends on the open road



## Yes, you can BUT REMEMBER...

**\* Drive safe:** There are three parts to getting your full motorcycle licence – a provisional licence (costing £34), a theory test (£25) and a practical test (from £90.50). For more info, visit [gov.uk/ride-motorcycle-moped](http://gov.uk/ride-motorcycle-moped).

**\* Get the gear:** Leathers aren't just for Hell's Angels. [Sportsbikeshop.co.uk](http://Sportsbikeshop.co.uk) has a wide range of women's biking clothing including jackets, boots, gloves and helmets.

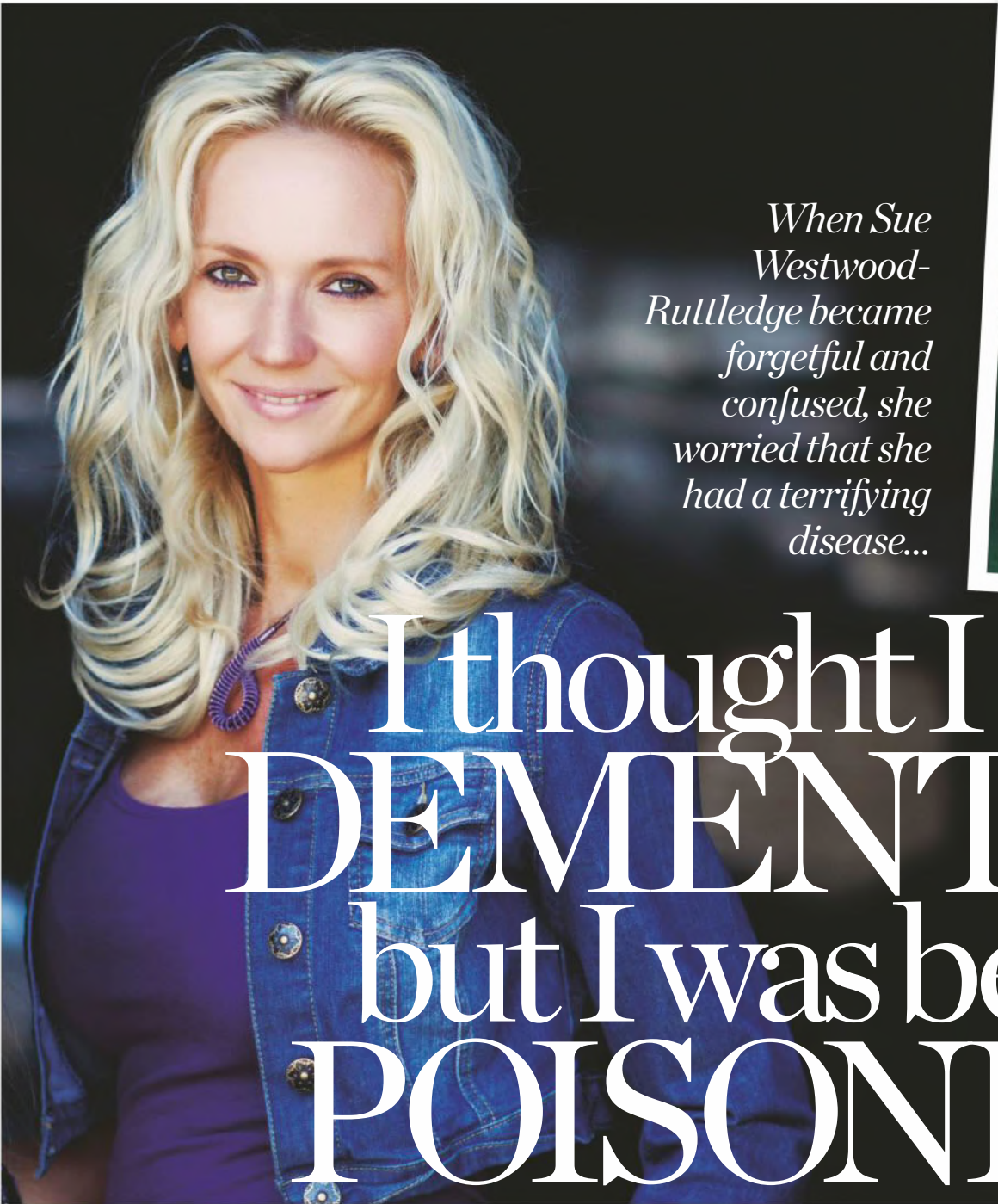
**\* Have fun:** If you fancy yourself as a thrill-seeker – but only for the day – try a dirt-biking or quad-biking experience. Visit [redletterdays.co.uk](http://redletterdays.co.uk).

### ARE YOU PART OF GENERATION Y NOT?

Generation Y Not! are 40-plus women like you who are grabbing life with both hands. Let us know how you rewrite the rules on Facebook and Twitter or by email. For details, see page 3.







*When Sue Westwood-Ruttledge became forgetful and confused, she worried that she had a terrifying disease...*



# I thought I had DEMENTIA but I was being POISONED

**W**alking into a room and wondering why you're there, starting a sentence and forgetting where it's going or what word comes next and becoming confused over the simplest of tasks – it's a terrifying scenario that many of us will face in old age. Only, when I found myself experiencing these very symptoms, I was a mum-of-one, in my early thirties. I was terrified because I thought I was suffering from early onset dementia, but the truth was something more sinister – I was being poisoned...

I'd always wanted to own my own home. Aged 23, I met my husband Tony\* and after marrying in December 1997, we had our son Josh. While we were happy with our life in Bolton, when we heard about a new housing development just 15 miles away in Manchester, we were intrigued. Tony had lived in the area before, and Josh, then five, was desperate to have a garden.

When we saw the plans for the four-bed detached house on a quiet street, we spoke to our bank and got a mortgage. Then in November 2003, we moved in. Living in a brand new house felt like a novelty, and as we spent our first Christmas cooking and entertaining, we fell in love with our home.

Working hard to launch my new

business in construction, life was busy. After putting Josh to bed each evening, I'd head to my office – which I'd set up in a room upstairs – and work long into the night.

## **I curled up in pain**

We'd been living in the house for six months when I began to suffer from blinding headaches. After dropping Josh at school, I'd work from home all day, and the pain would creep up on me – leaving me nauseous and exhausted. Working six days a week, I put it down to stress, and my GP, agreed I was probably working too hard.

I tried to scale back my hours, but in the following months, my symptoms only got worse. I'd take painkillers every few hours





Sue is so grateful her son Josh, now 17, was not affected by the poisonous fumes



Even though the boiler is repaired and her house fumigated, Sue still suffers side-effects

to ease the throbbing pain and some days Tony would come home to find me curled up on the floor in pain.

When we went on holiday to Barbados, in December 2005, I felt instantly better and once again I was convinced my problems were linked to stress. And when we got home and I felt queasy, I put it down to travel sickness. But as the days passed, I kept feeling nauseous.

Then, one day in April 2006, I collapsed on the doorstep. I was rushed to hospital, but even after X-rays, ECGs and blood tests, doctors were stumped. One consultant asked if I used cocaine, saying I was showing all the symptoms of a drug addict. I felt stung – I'd never taken drugs in my life. With no other explanation, I went home without answers.

Still, my symptoms persisted. As well as the migraines, I became increasingly confused. I'd walk into Josh's room to tell him something, then struggle to remember what it was. And talking to Tony, I'd start the same conversation several times, losing my train of thought before I reached the end of the sentence.

Before long I was forgetting doctor's appointments and meetings too. Tony was getting worried and I felt like my sanity was slipping away from me. I was a 33-year-old wife and mother, and yet, I was showing signs of dementia. I'd been suffering for three years, and still no doctors would take my problems seriously. I felt helpless.

Then, in November 2006, the warranty on our boiler expired. When I called British

Gas to book a service, I thought it was a routine appointment. With hindsight, I believe it's a phone call that saved my life.

## Terrified, I fled outside

When the service engineer arrived, I showed him to the boiler, but minutes later he reappeared in the doorway of my office. 'You need to get out the house now,' he said. 'OK,' I replied, reaching for some paperwork. 'No,' he said. 'It's carbon monoxide. We need to evacuate.' Terrified, I fled outside.

He disconnected the boiler and opened all the windows, then let me back in the house. He explained he'd traced the path of the pipes, only to find one on the middle floor had been fitted incorrectly, leaking carbon monoxide into our home. And the pipes beneath our bedroom weren't connected to anything – they had been churning carbon monoxide right into our bedroom. If Tony hadn't opened the windows each night, we'd have been killed. Luckily Tony and Josh spent their days away from home, so they weren't affected.

I thought back to the times I'd felt the worst – days cooped up in my office and the time I returned from holiday and spent the night being sick. Were those toxic fumes to blame?

Sure enough, when I looked up my symptoms online, they all pointed to carbon monoxide poisoning. Because the gas leaves the body so quickly, the scans had never detected it.

With a new boiler and a fumigated house, we did our best to move on. Shortly

## HOW TO AVOID A LEAK IN YOUR HOME

- \* Gas Safe are qualified to check your gas appliances. Visit [gassaferegister.co.uk](http://gassaferegister.co.uk)
- \* If a gas flame that's normally blue changes to yellow, carbon monoxide could be present
- \* Buy an audible carbon monoxide alarm for each room. They only cost £15 and will go off if levels of carbon monoxide in your home become dangerous.



after, I fell pregnant, and in October 2007, our daughter Ellie was born. I hoped that with the pipes no longer emitting the deadly gas, my symptoms would fade – but it seemed the damage was irreversible. Unable to do the sums to generate quotes for clients, I was forced to give up my business. Even looking after the children was hard. When I took Ellie out to the park one day, I let her toddle around. But walking out to go home, I realised she wasn't with me – I'd forgotten her. Mercifully, she was only on her own for a few minutes, but I was horrified.

I went to a clinic specialising in memory problems, and after taking a test designed for Alzheimer's patients, I returned for the results. 'Based on this,' my doctor began. 'I would have guessed you were in your eighties.' I was devastated.

After a lengthy legal battle, in 2013 we won our case against the company that built the house. They admitted installing faulty pipes, but denied causing my health problems. With so few people surviving carbon monoxide poisoning, there's little research on the effects. But I have no doubt that's why I suffer.


## Battling every day

Two years on, we're getting by, but life will never be the same. There are the little battles I face daily – I'll order something online to find I ordered it days earlier and I'll stare at keys for minutes on end before remembering how to use them. And I still get migraines that leave me in bed for days.

I blame that gas leak for the loss of my livelihood and my health – but we could have lost our lives too. We survived – and for that, I'm so grateful. ☺

## 'I FORGOT MY TODDLER IN THE PARK'



A woman with dark hair pulled back, wearing a light pink sleeveless lace dress, is leaning against the trunk of a palm tree. She is looking towards the camera with a slight smile. The background is a soft-focus view of a beach and the ocean under a bright sky.

Dress, £94, sizes 8-18, [damselinadress.co.uk](http://damselinadress.co.uk)  
Earrings, £8 for multipack, Next  
Stacking rings, £12 for set, Accessorize  
Bag, £17, Accessorize

# THE LIGHTER SHADE OF PINK

*Channel your feminine side in this  
season's prettiest powder shade*

FASHION EDITOR: **PAULA MOORE**  
PHOTOGRAPHER: **EUAN DANKS**



Dress, £75, sizes 6-22, Next

Jacket, £35, sizes 8-22,

F&F at Tesco

Necklace, £9.99, Mango

Stacking rings, £12 for set,

Accessorize

Earrings, £8 for multipack, Next

Sandals, £75, Dune

Sunglasses, £10, Next





# Mix fabrics and textures to give this trend a 2015 twist

Top, £95, sizes 6-16, Whistles  
Leather skirt, £95, sizes 8-18, Wallis  
Mules, £75, Kin by John Lewis  
Clutch, £20, Asos  
Earrings, £8 for multipack, Next  
Bracelet, £12, Z For Accessorize

\* The *Woman* team stayed at Atlantis The Palm, Dubai. Rooms start from £188 a night (subject to a 10% service charge and 10% Dubai municipality fee). For more info, prices and offers, go to [atlantisthepalm.com/special-offers](http://atlantisthepalm.com/special-offers) or call +971 4 426 2000

## HOW TO BE PRETTY IN PINK

- \* Pink doesn't have to be feminine. A rucksack, biker jacket or chunky heels give this look a tougher edge
- \* Lace, chiffon and leather all work together as long as they are in similar tones
- \* A clean colour palette is the freshest update you can make to your wardrobe right now







Jumpsuit, £60, sizes 4-16, Topshop  
Earrings, £8 for multipack, Next  
Rucksack, £34, Topshop  
Watch, £19.99, New Look





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Fashion Ed's fave!  
Necklace, £9.99, H&M

Bronze beach  
bag, £19.99,  
New Look

Go for glitter.  
Top, £18, sizes  
4-18, Topshop

Pick up a polo  
shirt, £22, sizes  
4-16, Topshop

Day-to-night heels,  
£29, Dorothy Perkins

We love a  
mini tote!  
£15.99,  
New Look

FROM  
£8.50!

# SPARKLE AND SHINE

*Metallic and shimmer is always a summer style winner! Here's how to liven up your look*



Luxe for less swimwear. Bikini  
top, £17, briefs, £15, both sizes  
8-16, Monsoon



Buy now wear  
next season.  
Top, £22, sizes  
6-22, Dorothy  
Perkins

Statement jewels.  
Earrings, £15, Coast



Finishing touch.  
Bracelet, £8.50,  
Dorothy Perkins

Holiday essential. Kaftan,  
£30, sizes s-l, River Island



Fancy flats.  
Sandals, £15, Asos



# YOUR NEW COLOUR

## RACY RED

For a casual look, pick separates. Add a printed jacket if you want to break up your outfit.

Jacket, £89, sizes xs-l, Cos  
Top, £38, sizes 4-16;  
trousers, £45, sizes  
4-16, both Topshop  
Shoes, £25, Asos



## CITRUS ORANGE

Say hello to your go-to summer shade. Zesty tangerine gives your wardrobe a vibrant update and looks great with a tan.

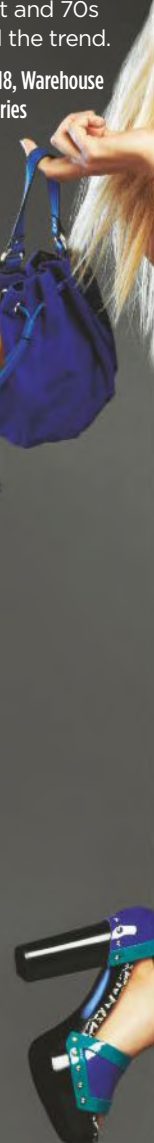
Jacket, £69.99, sizes  
xs-xl; trousers, £39.99,  
sizes xs-xl, both Zara  
Top, £19.99, sizes  
6-20, H&M  
Shoes, £35,  
Accessorize  
Bag, £25,  
Topshop



## BRAVE BLUE

Bright blue never fails to make an impact. Choose a tailored jumpsuit and 70s platforms to nail the trend.

Jumpsuit, £70, sizes 6-18, Warehouse  
Shoes, £79, & Other Stories  
Bag, £20, Simply Be



STYLIST: SHARNA NEWTON. PHOTOGRAPHER: CLAIRE PEPPER. MODEL: ANYA BARKER AT STORM HAIR AND MAKE-UP: KATIE PETTIGREW, USING NARS AND KEVIN MURPHY. FASHION ASSISTANT: MEGHANN THORP



# UR CODE

*Be bold this summer and go head-to-toe in your favourite colourful shades*

## GO GREEN

Give emerald green a high-summer update with a Hawaiian-print bag and a wooden bracelet.

Dress, £65, sizes 4-18, Asos  
Shoes, £48, Topshop,  
Bag, £47, River Island,  
Necklace, £12, Wallis  
Bracelet, £12.99 for 2 pack, H&M

## LADY IN LIME

Meet the new power couple! Stand out from the crowd and team a hit of citrus with black.

Top, £55, sizes 6-16, Finery  
Vest, £5.99, sizes 6-18, New Look  
Trousers, £35, sizes 4-18, Asos  
Shoes, £65, Miss KG  
Clutch, £10, Primark





# SUMMER HAIR SOS

*Straw-like strands? Fried ends? Brassy blonde? We've got the fixes to all of your warm-weather hair woes...*

WORDS: SARAH MACRAE STYLING: JESS HENLEY PHOTOGRAPHY: ELISE DUMONTET

**T**he holiday hair that dreams are made of – gorgeous, beachy waves – is often a far cry from reality: it's usually sweaty fringes, puffy hair and split ends that are more dehydrated than us after a night on the sangria! Don't stress though, we've rounded up the best tips and tricks to make sure that every day's a good hair day this summer.

## SOS: FADED COLOUR

Coloured hair gets put through the wringer in hot weather. There's the sun, frequent shampooing and lots of heat styling if you're battling frizz. To prevent fading and dullness, use a sulphate-free shampoo that's packed with protein – it will help reverse (and prevent) damage so your colour doesn't pull a disappearing act. Try **Paul Mitchell Ultimate Color Repair Shampoo**,

**£17.50**. Where possible, use a dry shampoo instead of washing your hair every day to keep your colour looking fresher for longer. Every two to three washes, use **Charles Worthington Colour Revive Tinted Colour Mousse**, **£9.99**, after your conditioner. It's gently tinted to help reboot your colour and banish any brassiness caused by the sun.



## SOS: FRIED HAIR

Hair is drier in the summer so go for a nourishing line-up that includes a weekly mask to pack those strands full of moisture. We like Nicky Clarke DeepTreat Repair Shampoo and Conditioner, **£5.99 each**, and Pantene Expert Collection Hydra Intensify Intense Hydration Masque, **£6.99**. If you have fine hair, use a restoring treatment that you apply before shampoo. Your hair is weaker when it's wet so by applying a mask first, you protect hair from breaking when you wash it. Try Kérastase Soin Premier Thérapiste, **£20.50**.



**Stained strands**  
Blondes, don't risk green hair this summer. Apply Philip Kingsley Swimcap, **£22**, which acts as a shield against chlorine, saltwater and UV rays.

## SOS: TANGLED TRESSES

Saltwater and sand can leave hair knotted, but don't hack away with any old brush as this can snap the strands. As soon as you step out of the water, use a conditioning spray and a specialist detangling brush. Try **Lee Stafford Breaking Hair Detangling Spray**, **£6.99**, and **Tangle Teezer The Original**, **£10.60**. Focus on your ends and work your way up – you cause less tension on the hair so reduce the risk of breakage.

**Sunburnt scalp**  
A burnt scalp is painful – and leaves unsightly peeling! Spritz on Soltan Head & Hair Dry-Touch Transparent Suncare Spray SPF30, **£4**, every two hours.

## SOS: ENORMOUS FRIZZ

If your hair didn't get the memo about keeping its cool, don't stress. Frizz is manageable; you just need to switch to a routine that targets damaged hair. Frizzy hair has holes in it so finds it hard to hang onto moisture that it gets from conditioners and masks. As a result, it sucks up moisture in the air, causing it to swell up and go puffy. A healing duo such as **John Frieda Frizz Ease Forever Smooth Shampoo and Conditioner**, **£7.99 each**, will help to combat this, leaving you with smoother strands. Follow

with a leave-in treatment like **Shu Uemura Art of Hair Wonder Worker**, **£22**. Spray it on towel-dried hair and leave it to dry naturally for reduced frizz and manageable hair.





\* Thanks to Cancun Convention & Visitors Bureau. The team stayed at Secrets The Vine Cancun Resort & Spa ([cancun.travel](http://cancun.travel))





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# GET HER LOOK

Update your make-up with these fresh ideas as seen on the stars



## SMOKY SILVER

Make metallic eyes your focus as Susanna Reid, 44, has done here for an ultra-glam party look.

- 1 Once you've done your base, apply **Avon Blush and Bronze Trio Palette**, £8, on your cheeks for a super-fast glow.
- 2 Then use the silver shade in **Next Make Me Beautiful Smoky Eye Shadow Quad**, £7.50, all over your lids and one of the darker greys to rim your upper and lower lash lines – before adding lashings of mascara!
- 3 Slick on a shimmering watermelon gloss, such as **Ciaté Lip Lustre High Shine Balm in Call Me**, £15, to complete your look.



## POWER POUT

Channel Sienna Miller, 33, with bright orange-red lips for a look that works both day and night.

- 1 Keep your skin radiant by mixing a little highlighter like **Rimmel Good To Glow Highlighter**, £4.99, in with your BB cream or foundation.
- 2 Choose a creamy lipstick like **Lancôme Shine Lover in Ô My Rouge**, £21, and layer it on until you get the vibrancy you want.
- 3 Finish with two coats of brown mascara, which is less harsh than black in summer. Try **Benefit They're Real! Mascara in Beyond Brown**, £19.50.



## ENGLISH ROSE

Keep things soft and feminine like Rachel Weisz, 45, for a winning daytime picnic look

- 1 First you need to create wow brows. Use **Bourjois Brow Natural Felt-tip Pen**, £6.99, to gently sketch in any gaps. Tip: go one shade lighter than your natural brow colour so you don't get a scary block of colour.
- 2 Dot **Autograph Twist-Up Cheeks Blusher in Dusky Rose**, £9.50, on to the apples of your cheeks and blend in with your fingertips.
- 3 Finish with **Estée Lauder Bronze Goddess Pure Color Gloss Pen in Nude Bronze**, £17.



**TOP TIP**  
Curl lashes before applying mascara to open up the eyes.



# We lost 11st for our big birthdays!

DIET  
EXTRA  
MINI MAG

*Alex Jones didn't want to be fat at 40. And with her daughter approaching 21, it was time for a change*



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5 days to skinny jeans

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Tummy-trimming dresses

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Easy food swaps

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Did the celebs' DVD diets work out?

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'I ran 1,820 miles in my dining room'

**M**y daughter Emily and I have always been close. From spending weekends at the cinema together or catching up on each other's day over dinner, we're a little team. And, with our birthdays falling just a week apart, we're already counting down to next month when I'll turn 40 and Emily will turn 21. You see, this year, there's even more reason to celebrate...

I'd battled with my weight for most of my life. At school I loved snacking on crisps during playtime and it showed on my waistline and chubby cheeks.

When I left school at 15 to become a hairdresser, working exhausting 10-hour shifts meant my eating habits only got worse. I'd get up at 6am and, too busy for breakfast or lunch, I'd snack on biscuits throughout the day instead. Then I'd get home at 7pm and, craving something stodgy, I'd cook myself a chicken kiev with buttery mashed potato. It was no surprise when, two years on, I found myself shopping for size 16 clothes but at only 5ft 5in, I told myself I was just curvy,

## No confidence

After getting engaged to my boyfriend Lee, aged 18, I soon fell pregnant. Emily was born in August 1994, and the demands of parenting put an even bigger strain on my lifestyle. Between late-night bottle feeds, 5am wake-up calls and nappy changes, cooking a healthy meal was the last thing on my mind. With Lee working long hours too, we'd live off huge plates of cheesy pasta.

By the time Emily started school, I'd ballooned to a size 18. I felt hideous, and when Lee and I split up it only knocked my confidence further. 'Who'd want me now?' I thought, staring at myself in the mirror.

But, although being a single parent was hard, over the years, Emily and I became friends as well as mother and daughter. She'd confide in me about boy dramas and,



with me working full time, she'd help out around the house.

Then, in January 2011 my dad, Derek, died of motor neurone disease. In my grief, I turned to food for comfort even more. And, when it came to our birthdays – with just a week in between them – Emily and I would treat ourselves to a huge chocolate cake and gorge on it in the living room. I seemed like I was constantly eating.

As the pounds crept up, so did my size and I'd overcompensate by teasing my

## HOW ALEX DID IT

### BEFORE

**Breakfast:** Nothing

**Lunch:** Snack on a packet of biscuits

**Dinner:** Lasagne with potatoes and garlic bread

### NOW

**Breakfast:** Chocolate shake; yogurt and fruit

**Lunch:** Crispbread with low-fat cream cheese

**Dinner:** Chicken with roasted vegetables





## 'Mum wears my skinny jeans now!'

Emily, 20, says: When I started a new job as an ambulance operator two years ago, I'd snack on sugary treats through the day and have a Chinese takeaway for dinner. It was only when I went along to Mum's weigh-in that I realised how big I'd got. And at 5ft 11in and a size 18, I was desperate to slim.

The consultant put me on a low-calorie diet, swapping junk food for healthy salads. It wasn't easy, but Mum made sure we only had fresh ingredients in

the fridge, and no takeaways. Soon my face was less puffy, my legs slimmer, and my skin clearer. Within five months I was wearing size 8 clothes.

Whenever my room is a mess, I know Mum's been raiding my wardrobe. She loves my skinny jeans! But that's fine, because it's thanks to her that I'm slim and happy now!



THEN:  
SIZE 18,  
NOW: SIZE 8,  
LOST 4ST

hair into curls and applying layers of make-up. But at a size 24, my chunky thighs and wobbly stomach made me want to cry.

Worse still, by 2013, I couldn't help but notice that Emily, then 19, had started to put on weight herself. While she was hardly obese, as the months passed, it was affecting her confidence. She was constantly adjusting her top or pulling up her jeans self-consciously. But what could I say to her? I was hardly a good role model so I simply ignored our growing waistlines.

It was in July 2014 that a friend from work told me about the Cambridge Weight Plan, where you swap meals for low-calorie shakes. I didn't have much faith in myself but increasingly desperate and with my 40th birthday not far off, I decided to give it a try.

## HOW EMILY DID IT

### BEFORE

**Breakfast:** Full English fry-up with sausages and eggs

**Lunch:** Sandwich, four packets of crisps

**Dinner:** Family-size pizza

### NOW

**Breakfast:** Porridge with blueberries  
**Lunch:** Pasta with chicken and tomato

**Dinner:** Lean-mince spaghetti bolognese

The following Monday, I went along to my local slimming class. Walking through the doors, I'd never felt so nervous. But when the consultant put me on a strict plan that included two meal-replacement shakes per day and a healthy evening meal, I vowed to stick to it.

The first few days without my beloved bread and pasta weren't easy, but whenever I got cravings I'd remind myself I was doing this so I wouldn't be fat at 40.

## Encouraging each other

A week on, Emily, then a size 18, came along to my first weigh-in. By now she was just a year away from her 21st birthday and she couldn't resist getting on the scales herself.

The shock on her face when the dial showed 15st 10lb was clear. And after hearing I'd lost 11lb in just seven days she signed up too. 'We'll both look good for our birthdays!' she vowed.

So after the class we drove straight to the supermarket, stocking up on healthy salad and vegetables. We built up a whole new repertoire of meals, like healthy casseroles and chicken salads. 'We can do this together,' I'd say.

By the end of the first month, I'd already lost 1st 7lb and by Christmas I was 5st lighter. Emily had started to slim, too. As 2014 ended, she'd lost 4st, and in March this year I reached my target weight loss of 7st. A slim size 10, I bought myself a whole new wardrobe filled with fitted dresses and shirts for work.

Now, with our milestone birthdays barely a month away, we can't wait to celebrate. Instead of a chocolate cake, we're planning a skydive, something we never would have done before. I have a feeling it's going to be our best year yet.

TURN OVER  
TO SEE OUR  
SKINNY  
JEANS DIET



# 5 days to SKINNY JEANS

*Lose 3lb, have a flatter tummy and feel confident in your skinnies by the weekend*

**A**re your white skinny jeans are feeling a little bit snug around the waist? Read on!

Our easy diet is full of healthy foods to help banish bloating and maximise

fat-burning, helping you to do up that zip. Depending on how active you are and how much weight you have to lose, you can expect to shift 2-3lb in just five days. So what are you waiting for?

## BAN THE BLOAT

Make it even easier to do up that zip with our top bloat-beating tips...

- \* Eat slowly and chew thoroughly to avoid swallowing air.
- \* Cut down on salt – it encourages water retention.
- \* Watch out for artificial

sweeteners such as xylitol – they can cause bloating in some people.

- \* Drink plenty of fluids – water is best.
- \* Consider taking a probiotic supplement to keep the 'friendly bacteria' in your gut happy.

- \* Vary your fruit snacks so you hit your nutrient targets.
- \* You're allowed up to 200ml skimmed or semi-skimmed milk a day in your tea and coffee.
- \* You can swap the morning and afternoon snacks around.



## DAY 1

**BREAKFAST** 150g fat-free Greek yogurt, topped with a cup of berries and 2tsp toasted pumpkin seeds. A cup of coffee, tea or matcha.

**AM SNACK** A cup of air-popped popcorn, seasoned with a pinch of cayenne.

**LUNCH** A large bowl of spicy lentil soup (not 'cream of'), served with a crusty granary roll, thinly spread with low-fat olive spread. 2 plums.

**PM SNACK** Piece of fruit.

**DINNER** Mediterranean baked fish: Place 200g ratatouille in

an ovenproof dish, add 150g cod fillet, top with 1tbsp breadcrumbs and 1tbsp low-fat Cheddar, then bake in oven at 180°C, Gas 4 for 15 mins.

**DESSERT** A meringue nest with berries and 1tbsp fat-free Greek yogurt.



Heart-warming lunch: Spicy lentil soup

## DAY 3

**BREAKFAST** Tin of sardines in tomato sauce, served with 1 slice wholegrain toast and 5 mushrooms, sautéed in 1tsp olive oil. A cup of coffee, tea or matcha.

**AM SNACK** Handful dried fruit and unsalted nuts.

**LUNCH** 125g baked sweet potato, filled with

low-fat cottage cheese and ground black pepper. Serve with a large salad and fat-free dressing. 1 banana.

**PM SNACK** Piece of fruit.

**DINNER** Potato frittata: Sauté 1 small sliced onion in a pan. Add 3 sliced cooked and cooled new potatoes. Beat 2 eggs with a pinch of salt and pepper and 1tsp chilli flakes, then pour over the potatoes and onion. Cook for 10 mins, then sprinkle with 1tbsp low-fat Cheddar and finish under the grill until golden. Serve with broccoli and cauliflower or with a large mixed salad.

**DESSERT** 1 small pot low-fat custard.



An apple could be your piece of fruit for your afternoon snack

## DAY 5

**BREAKFAST** Whizz 1 banana, 100ml skimmed milk, 1tbsp oats, 1tsp chopped nuts, ½tsp ground cinnamon and 6 ice cubes into a smoothie in a blender. A cup of coffee, tea, green tea or matcha.

**AM SNACK** 2 squares good-quality dark chocolate.

**LUNCH** Make a one-egg omelette, then spread a small corn tortilla wrap with 2tbsp tomato salsa and 1 finely sliced spring onion. Lay the omelette on

top and roll up. Serve with a large salad and fat-free dressing. 1 kiwi.

**PM SNACK** Piece of fruit.

**DINNER** Marinate a chicken breast, cut into chunks, in 2tbsp sweet-chilli sauce, then thread on to skewers and grill. Serve with steamed broccoli, baby corn and 40g brown rice (uncooked weight).

**DESSERT** A baked apple, stuffed with 1tsp mincemeat.



## DAY 2

**BREAKFAST** 2tbsp rolled oats and 4 chopped almonds, soaked overnight in 100ml apple juice. Add 1 grated apple and 1 chopped pear and top with 2tbsp fat-free Greek yogurt. A cup of coffee, tea or matcha.

**AM SNACK** Celery sticks with 2tbsp low-fat houmous for dipping.

**LUNCH** A wholegrain sandwich with lean ham and salad (no mayo). A cereal bar under 100kcal and a piece of fruit.

**PM SNACK** Piece of fruit.

**DINNER** Prawn stir-fry: Stir-fry 1 sliced onion, 1 crushed garlic clove and a bag of



Make sure you avoid the mayo in your sandwich!

stir-fry veg. Add a single-serve sachet of stir-fry sauce (look for one low in sugar) and 150g frozen prawns, defrosted, and cook until the prawns are hot but not tough. Serve with 40g ramen noodles (dry weight).

**DESSERT** 1 slice pineapple and a small scoop of low-calorie ice cream.

## DAY 4

**BREAKFAST** 2 eggs, scrambled with a chopped tomato, served with a slice of granary toast. 1 orange. A cup of coffee, tea, green tea or matcha.

**AM SNACK** A small pot of low-fat natural yogurt and 1tsp toasted sunflower seeds.

**LUNCH** Low-cal Greek salad: Toss a handful of lamb's lettuce with 50g reduced-fat feta cubes, 4 olives, 1tbsp pine nuts and a tomato, cut into wedges. Serve with fat-free dressing and a wholemeal mini pitta bread. 1 slice watermelon.

**PM SNACK** Piece of fruit.

**DINNER** A small pork chop, grilled and served with 1tbsp apple sauce, 3 boiled new potatoes in their skins and plenty of cauliflower and carrots.

**DESSERT** A shop-bought sundae under 180kcal.



Greek salads are tasty and low in calories

## ARE SKINNY JEANS BAD FOR YOUR HEALTH?



**Woman's GP Dr Ellie Cannon says:** Women don't need to worry about the health effects of skinny jeans. If clothes make you physically uncomfortable then, of course, it's not a good idea to wear them. In extreme situations, if something is too tight, it could restrict blood flow around the legs or waist, but that would be incredibly unusual.



# 5:2 COMPLETE MEAL PLANNER

## 101 RECIPES FOR YOUR FAST DAYS

**ONLY 99P ON ANDROID**  
FOR A LIMITED TIME ONLY, DOWNLOAD YOUR APP FOR 99P. GET YOURS QUICK!



## ADD TO YOUR PLANNER WITH TWO NEW RECIPE COLLECTIONS

AVAILABLE ON ANDROID



\* FOR TWO WEEKS FROM 14 JULY, ANDROID USERS CAN DOWNLOAD THE APP FROM THE GOOGLE PLAY STORE FOR 99P (USUALLY £1.99).





Clever prints can give you curves in all the right places. £79, sizes 6-22, Per Una at M&S



Show off a slim waist with a belted style. £46, sizes 6-18, Warehouse



Geometric prints disguise troublesome areas. £55, sizes 8-20, Wallis



Vertical stripes help elongate your figure. £75, sizes 4-16, Topshop

# TUMMY TRIMMER DRESSES

*These will flatter that tricky tummy area helping you to look fabulous*



Cover up in a kaleidoscope print. £45, sizes xs-l, Oasis



A bold print and ruching, this dress has it all! £69, sizes 8-22, Betty Jackson. Black at Debenhams



A fit-and-flare style nips you in at the waist and skims over hips and thighs. £65, sizes 6-18, Oasis



Hide lumps and bumps with a gathered waist. £32, sizes 6-22, Next



A jersey wrap dress is a classic. £79, sizes 6-22, Boden



Illusion panels will take inches off your middle. £55, sizes 6-26, Little Mistress at Evans

**FASHION EDITOR'S FAVE!**



# SWAP THIS FOR

*If you want to cut back but don't want to go without, these swaps could make all the difference*

## BREAKFAST

**Leon**

Swap this

Salmon & Egg Muffin  
310 cals



For that

Smoked Salmon &  
Avocado Pot  
172 cals



SAVE  
138 CALS

## HEALTHY SNACK

**Yeo Valley**

Swap this

Natural Yeogurt &  
Crunchy Granola: 278 cals



For that

0% Fat Strawberry  
Yeogurt with Granola  
178 cals



SAVE  
100 CALS

## SMOOTHIES

**Innocent**

Swap this

Defence Super Smoothie  
229 cals



For that

Kiwis, Apples & Limes  
Smoothie 126 cals



SAVE  
103 CALS

## PIZZA

**Pizza Express**

Swap this

American Hot Romano  
904 cals



For that

American Hot  
Leggara  
500 cals



SAVE  
404 CALS

## BURGERS JD Wetherspoons

Swap this

Original gourmet beef  
burger: 813 cals



For that

Mexican beef  
burger: 738 cals



SAVE  
75 CALS

## DESSERTS Harvester

Swap this

Chocolate Supreme  
929 cals



For that

Sundae Best with  
Belgian chocolate: 289 cals



SAVE  
640 CALS



# OR THAT...

*difference*

**AND  
SAVE 2000  
CALORIES!**



## PASTA

**Ask**

Swap this

Rigatoni Zucchini  
e Pesto 765 cals



**For that**

Fetuccini con  
Verdure  
595 cals



**SAVE  
170 CALS**

## SWEET TREAT

**McDonald's**

Swap this

Double Chocolate Muffin  
515 cals



**For that**

Chocolatey  
Donut  
213 cals



**SAVE  
284 CALS**

## SANDWICHES Starbucks

Swap this

Bella Mozzarella Panini  
510 cals



**For that**

Cheese and Marmite  
Panini 378 cals



**SAVE  
132 CALS**



For more  
smart swaps  
pick up the  
new issue of  
*Fit & Well* on  
sale 16 July



# Did the celebs' DVD

As TOWIE's Gemma Collins is offered £100,000 to lose 5st for a fitness DVD,



## THE SINGER

Claire Richards, 37

If there's one celeb who's famous for yo-yo dieting, it's the ex-Steps singer.

Without the band's dance routines, Claire ballooned. 'Like most women, changes in my life led to me putting weight on. I looked like another person in a fat suit,' she said.

Despite losing 6st with her DVD *5 Step Fat Attack*, she went up to 16st again soon after.

But now she's back to a size 10 – and for a special reason. 'I'm not bringing out a DVD,' she says. 'I want to try for another baby and me being overweight was causing problems.'

**BIGGEST:**  
16st 7lb, size 20  
**AFTER DVD:**  
10st 7lb, size 10  
**NOW:** 10st,  
size 10  
**HEIGHT:** 5ft 6in

## THE REALITY STAR

Charlotte Crosby, 25

Charlotte, star of *Geordie Shore* and *Celebrity Big Brother*, never used to take selfies – but that was before her DVD!

The bubbly TV favourite shed 3st with her *3 Minute Belly Blitz*, which was the bestselling fitness DVD of last year. And while she didn't like posing for snaps before, now she loves updating her fans after a workout – showing off her toned tummy and sculpted abs.

'I've never been an inspiration for anyone,' she says. 'It's just such a good feeling and I don't want it to end.'

**BIGGEST:**  
11st 7lb, size 16  
**AFTER DVD:**  
8st 7lb, size 8  
**NOW:** 8st 7lb,  
size 8  
**HEIGHT:** 5ft 8in

## THE PRESENTER

Coleen Nolan, 50

Coleen has starred in three DVDs – but none has led to lasting weight loss.

The *Loose Women* presenter shed 3st with her first DVD *Brand New You!* in 2007 for her wedding to Ray Fensome. 'I didn't want to be a wide bride,' she said.

But Coleen's weight continued to yo-yo. In the next two years, she released *Disco Burn* and *Let's Get Physical!* and shed 5st. 'If I can do it, anyone can,' she said.

Despite her determination, it seems Coleen's still not found lasting weight loss. 'I'd quite like to go back to a size 12,' she says.

**BIGGEST:**  
13st 13lb, size 20  
**AFTER DVD:**  
8st 13lb, size 10  
**NOW:** Size 14  
**HEIGHT:** 5ft 6in



# diets work out?

we discover what happened to the other stars who shed the pounds



## THE SOAP STAR

Natalie Cassidy, 32

The *EastEnders* actress' initial slimdown was for the wrong reasons.

'After starving myself for my DVD *Then & Now Workout*, I ate and ate,' says Natalie. 'I devoured 10 packets of crisps in one sitting and I didn't feel guilty. It was all a bit of a farce. I'd never do it that way again.'

But Natalie decided to slim down and stay slim for her return to *EastEnders* last year. 'This time around, I did it by saying to myself, 'OK - this is about a life change,' she said. 'I'm confident that I will keep within a healthy weight, not just for myself, but to prove everyone wrong!'

**BIGGEST:** 12st 7lb, size 16  
**AFTER DVD:** 7st 12lb, size 6  
**NOW:** 9st 12lb, size 10  
**HEIGHT:** 5ft 4in

## THE ACTRESS

Vicky Entwistle, 46

Former *Corrie* star Vicky became obsessed with working out.

After filming her DVD *WOW! Weight Off Workout*, Vicky was the skinniest she'd ever been. 'I'd look in the mirror and think I'd look great but the truth was I was obsessed... I preferred going to the gym than going out for meals,' she says.

In 2013, she put on weight for her stage role in *Les Misérables*, but, after losing over 2st, she's content with her figure. 'I'm the happiest I've ever been,' she says. 'It's great not having to work myself silly to look good.'

**BIGGEST:** 11st 3lb, size 16  
**AFTER DVD:** 7st 3lb, size 4  
**NOW:** 8st 8lb, size 10  
**HEIGHT:** 5ft 1in

## THE TV PERSONALITY

Josie Gibson, 30

TV star Josie totally changed her lifestyle with her DVD - and she's continued all her hard work.

After seeing unflattering pictures of herself in a pink bikini, *Big Brother* winner Josie said she felt like a 'beast'.

Having yo-yo dieted all her adult life, she went on to shed 6st for her DVD *30 Second Slim* - and, even better, she's managed to keep it off, too.

'I used to worry I'd fail,' she says. 'There were critics who expected me to put the weight back on, but I was determined.'

**BIGGEST:** 16st 7lb, size 20  
**AFTER DVD:** 10st 2lb, size 8  
**NOW:** 10st 2lb, size 8  
**HEIGHT:** 5ft 10in



# I ran 1,820 miles... in my dining room!

*Kirste Crompton couldn't face going to a gym, but she managed to lose 10st in her own home*

**BEFORE**

21ST  
SIZE 24



Kirste built her confidence by training at home and ended up running a half marathon

11ST  
SIZE 12



**AFTER**

**N**ot long ago, my dining room was where I did most of my eating. I'd gorge on huge mounds of pasta. Then, as my children did their homework around the table, I'd sit and help – and snack on chocolate. But while it was once the place I went to get fat, now my dining room is where I go to stay slim...

As a teen, I'd loved running, and as I got older and started working as a police officer, being on the go kept me in shape. It was only after giving birth to my daughter Honey in 2010 that my weight problems began.

At 15st, I was already a bit chubby for my 5ft 8in frame, and after developing post natal depression, dieting was the last thing on my mind. I was given antidepressants, but I couldn't escape the feeling of dread. Food was my only comfort and I'd devour slabs of chocolate.

By 2012, I'd traded in my size 18s for 20s, and then 22s. And whenever I dropped my older children, Darcy, then 13, Hermione, 10, Pacy, eight, and Stockard, seven, at school, I'd compare myself to all the thin mums.

'You're beautiful,' my husband David, 36, would insist, but I felt hideous.

I normally avoided mirrors, but one day in February 2014, at 21st and verging on a

size 24, I stopped to look at my reflection as I got dressed. Taking in my doughy tummy, fat knees and thighs that rubbed together, I could have cried. Instead, suddenly determined, I vowed to change.

Too embarrassed to be the red-faced woman puffing away in a gym, I looked for alternatives. I found a company called Hire Fitness where you could rent equipment – cheaper than buying something outright.


That evening, I paid £65 for a month's hire of a treadmill, and when it arrived that week I asked them to set it up in the dining room. Being so big, I built up slowly. I'd run for two minutes, then walk for three.

But within a couple of days, I could feel my mood changing and I swapped my

sugary treats for fruit and yogurt and my greasy dinners for homemade curries.

After a week, I'd lost 5lb and I renewed my contract on the treadmill. So every night, as the kids did their homework at the dining room table, I'd be on the treadmill. By May that year, I was down to 17st and was running 20-30 miles a week too. As my confidence grew, I took part in a half marathon – running 13 miles. By Christmas, I'd lost almost 10st, taking me to my target weight of 11st 7lb and a size 12.

Now, 18 months after I started running, I've racked up an incredible 1,820 miles in my dining room alone. That's the distance between Scotland and Naples!

It's incredible to think about how I've changed my life. I'm no longer on antidepressants – and I no longer feel like the embarrassing mum at the school gates. Finally, I'm happy with who I am. 

## DIET DIARY

### BEFORE

**Breakfast:** Toast with cheese

**Lunch:** Saucepan-sized portion of spaghetti Bolognese

**Dinner:** Burger and chips

**Snacks:** Family-sized bag of crisps and salsa dip, packet of biscuits, three glasses of white wine

**TOTAL CALORIES:** 4,500

### AFTER

**Breakfast:** Porridge with sweetener and skimmed milk

**Lunch:** Three Ryvita and low-fat cheese spread

**Dinner:** Homemade curry

**Snacks:** Low-fat yogurt, fruit and 3ltr water

**TOTAL CALORIES:** 2,000





Suzie Hayman has trained with Relate and been a counsellor for 20 years

# Ask Suzie...

Having problems with your nearest and dearest? Solve your dilemmas with Suzie's expert advice

## *Her rage is out of control*

**A** friend at work tends to freak out a lot. When she's got it together she's lovely, but every so often she'll pick a fight with me or anyone – either shouting or crying or doing something dramatic. Last week in our canteen she grabbed a glass off the table and smashed it on the floor. The week before she got so angry she was shaking as she shouted at us. I do like her, but when she's like this I can't handle it.

### **Suzie says:**

Freakouts are frustrating proof that the person in front of you can't control their emotions. It could be caused by anxiety

– maybe she's got things going on in her life you don't know about that are making her frightened or unhappy.

It could be because she's never had to grow out of a childhood tendency to have tantrums – if her parents gave in to them, she'll have learnt that they work and may still try that tactic. This sort of aggressive display is also a bullying ploy – she doesn't have to threaten you to make you do what she wants, she just raises the anxiety level and you all fall in with her.

When she's calm, tell her you're distressed that she seems to be having such a hard time, which is spilling over to affect everyone around her. Suggest she asks your HR department what support they can offer – anger management courses, assertiveness courses, counselling. If HR can't help, offer her the phone number of Family Lives – 0808 800 2222.

She may need sympathy and help or to be shown that such behaviour will get her nowhere. Whichever, stop thinking it's your problem to solve and put the responsibility for seeking a solution squarely where it belongs. You can make it clear you'll support her in changing, but you won't stand by and be the whipping horse any longer.

## **Tempted by an affair**

**M**y husband is older than me and over the past few years he's begun to drink more and more. I like to look after myself, but his lifestyle has become very unhealthy. I've met a lovely man who I fancy. I'm tempted to have an affair, even though I'm not sure he'd want anything more than a fling. Should I stay with my life as it is now or go for it?

### **Suzie says:**

Neither. An affair can cause so much hurt – to you, your husband, this man and any family he has. The fantasy of an affair is it brings joy, release and a boost to self-esteem. The reality is it damages everyone involved. But don't stay as you are.

Why does your husband drink? What are the problems he's trying to solve with a bottle? Has ageing, health or perhaps sadness at the way you have drifted apart, meant he sees booze as his refuge and an answer?

Tell him you're unhappy, say you know he is too and insist on the two of you seeing a doctor. He needs a wake-up call and some good advice.

## **Should I ruin his new relationship?**

**S**ix months ago my husband left me for a younger woman. He wants a divorce and he wants to go on seeing our children, who are angry but still love him. I just want him to come back. My mum says I should refuse all of his requests and do all I can to ruin his relationship with his new partner.

### **Suzie says:**

The problem with having a close relationship, and of having children, is that it's easy to fall for the fantasy that your wishes and desires are theirs too. But you're separate people.

Really, really wanting him to come back to you is not going to make it so. For him, it's over and that's that. And even though your children may share your anger at him, he's their dad and they love him and want to see him.

So what would be the point of refusing a divorce? You can only delay it, not stop it. And trying to ruin his relationship? It may hurt and upset him, but that would be nothing to the damage you'd inflict on your children – his children, too.

My advice is to be sad, to be kind, to be cooperative. Love your children more than you hate each other.

## *I'm worried my daughter will be targeted by cyberbullies*

**L**ately I've heard a lot about sexting and cyberbullying. Ever since my husband gave our 14-year-old daughter a smartphone for her birthday I've been terrified she may get caught up in something awful. What should I do?

### **Suzie says:**

Embarrassment and fear of new technology hold many parents back. There's a fine line between respecting privacy and being a good parent, so be proactive and talk to your daughter. Ask if she's heard of cyberbullying and sexting. Has anyone asked her to sext or used social media to attack her? What does she think the consequences might be?

Help her realise what she shares with a friend today could be round the school

tomorrow, all over the internet next week and all over the world for years to come.

A lot of damage is being done to young people by unrestrained use of digital technology – boys are learning about sex without emotional connection and girls are bearing the brunt of their unrealistic expectations. And both boys and girls fall into the trap of thinking it's just a joke when it can hurt.

Learn more, with tips on how to talk to her, at [bullying.co.uk](http://bullying.co.uk).

**WRITE TO SUZIE \* BY EMAIL:** Send an email to Suzie with your personal problem at [asksuzie@timeinc.com](mailto:asksuzie@timeinc.com)  
**\* BY POST:** Family Dilemmas, Woman, Blue Fin Building, 110 Southwark Street, London SE1 0SU.





## Chorizo burgers

**MAKES 8 PREP 5 MINS  
COOK 15 MINS**

- \* 250g pack mini cooking chorizo sausages (we used Unearthed)
- \* 8 mini burger buns
- \* Handful rocket leaves

**1** Fry the chorizo for 15 minutes, turning, until browned and cooked through. Slice thickly.

**2** To assemble, add 2-3 slices of chorizo to the buns with rocket leaves.

**Per serving:** 233 cals, 11g fat (3.5g saturated), 24g carbs

## Pil pil prawns

**SERVES 4 PREP 5 MINS**

- \* 2tbsp olive oil
- \* 1tbsp unsalted butter
- \* 2 cloves garlic, crushed
- \* 1 red chilli, seeds removed, finely chopped
- \* 350g packet frozen raw king prawns, defrosted
- \* 1/2tsp paprika

**1** Heat the oil and butter in a frying pan, add the garlic and chilli and cook for 1 min.

**2** Add the prawns and fry for 3 mins until they are pink and cooked. Sprinkle on the paprika and season. Serve with crusty bread.

**Per serving:** 131 cals, 9g fat (3g saturated), 0g carbs

# Spanish- IN 30





## Smoked paprika oven chips

**SERVES 4 PREP 5 MINS**

**COOK 25 MINS**

\* 4 large baking potatoes, cut into chips about 1½cm thick

\* 4tbsp olive oil

\* 1tbsp smoked paprika

1 Heat the oven to 220°C,

Gas 7. Spread the potatoes over a roasting tin. Toss in the oil and paprika, then season. 2 Roast for 25 mins or until tender and lightly browned.

**Per serving: 286 cals, 11.5g fat (1.5g saturated), 41g carbs**

### Roasted red peppers

Just buy a jar, drain and cut into chunks to serve.

# style tapas MINUTES

*Get in the holiday mood  
with these tasty meals  
from the sunny  
Mediterranean*

### Salted Spanish almonds

Heat a heavy-based frying pan, add 1tbsp olive oil, then 250g Tesco Finest Marcona Almonds. Fry for a couple of mins. Toss in 1tsp sea salt flakes, then serve.

### Manchego

For a traditional tapas dish, slice Tesco Finest Manchego into triangles and serve.



# woman travel offers



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DAYS' HALF-  
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£599PP**



## Lake Garda, Venice & Verona

This unforgettable tour includes some of the finest sights Northern Italy has to offer.

**Selected departures up to Oct 2015 and Apr to Oct 2015. The price includes:**

- \* Return flights from Gatwick, Heathrow, Birmingham, Edinburgh, Manchester, Dublin and other airports; taxes and transfers
- \* Seven nights in hand-picked lakefront hotels with half-board
- \* Sightseeing of Lake Garda, the Dolomites, Verona and Venice
- \* Escorted by an experienced tour manager



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FROM  
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## California & the Golden West

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- \* Return Heathrow flights; taxes and transfers
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Francisco, Los Angeles, San Diego and Las Vegas

- \* Visit the Grand Canyon, Bryce Canyon, Zion and Yosemite National Parks; optional Grand Canyon helicopter ride
- \* Escorted by an experienced tour manager



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FROM  
£1,999PP**

## Vietnam & Cambodia

Explore Hanoi, Hue, Saigon, Mekong Delta, Phnom Penh and the city and temples of Angkor

**Selected departures Oct and Nov 2015 and Jan to Nov 2016. The price includes:**

- \* Return Heathrow flights; taxes and transfers
- \* Four- and five-star hotels with breakfast, plus five meals
- \* Sightseeing includes: Phnom

Penh; Angkor; and Hanoi by cycle rickshaw

- \* Cruise through Halong Bay and visit to imperial Hue
- \* Stay in Saigon; visit Cu-Chi tunnels; cruise the Mekong
- \* Escorted by an experienced tour manager

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Prices are per person, from, based on two sharing and subject to finite availability.. Additional entrance costs may apply. Images used in conjunction with Riviera Travel. Offer operated by and subject to the booking conditions of Riviera Travel Ltd. Abta V4744, Atol3430, a company independent of Woman published by Time Inc. (UK) Ltd.





# SUPERMARKET deals

Our Food Editor Felicity tracks down this week's supermarket best buys...



FOR DELICIOUS  
IDEAS & RECIPES,  
visit our  
**WEBSITE**  
WOMANMAGAZINE.  
CO.UK



## BOOZE BARGAIN

For a mint julep-inspired cooler, pack a jug with mint leaves, crush together with lemonade or tonic and pour over gin or vodka to taste.

**Gordon's Dry Gin and Smirnoff Red Label Vodka – both only £13 at the Co-op – usually £16.99!**

## Get it before it goes!

Rush down to Aldi to pick up one of these from its fabulous kitchen range. This substantial stick blender is just **£9.99** and these colourful silicone kitchen utensils are just **£1.79 each** – while stocks last!



Sainsbury's Spanish Tapas Selection, 100g, buy 3 for £6 – usually £2.50 each

## SIMPLE SPANISH TAPAS

Toast some rustic bread, drizzle with olive oil and rub with garlic cloves. Rub the cut side of a ripe tomato over the toast. Top with slices of chorizo and serrano ham, roasted peppers and marinated anchovies. Serve with olives.

## SAVE ON YOUR FAVES



## SAVE MONEY AT WAITROSE

In a worldwide first, Waitrose is giving customers the opportunity to pick which groceries they save money on every single time they shop in-store or online! Sign up to [waitrose.com](http://waitrose.com) and choose your top 10 products (out of 1,000!) for a 20% discount.

## 3 BEST BUYS TO THROW IN THE TROLLEY

### GREAT ROAST

From Sainsbury's Lemon, Garlic & Thyme British Chicken Crown, **700g, save £1, usually £5 – now just £4.**



### POSH SALMON

From the Co-op Truly Irresistible Smoked Salmon, **100g, usually £4.99 – now £3.19**



### NICE ICE

From the Co-op Häagen-Dazs Ice Cream, **500ml, usually £4.99 – now £2.49.** Choose from Strawberry Cheesecake, Pralines & Cream, Vanilla and Cookies & Cream.



## FRUITY FINALE

Make a pavlova meringue or buy one ready-made. Then mix 150ml vanilla yogurt with 150ml whipped double cream. Top with 200g halved, stoned cherries and 200g halved strawberries. Drizzle with 2tbsp Disaronno to serve!



Morrisons Spanish Picota Cherries – just 99p for 250g



It's your

# WEEKEND



SEE PAGE  
70 FOR OUR  
INTERVIEW WITH  
PAUL RUDD

It's going to take more than  
a dusting of ant powder to  
keep Scott off your garden

## Going out

The **ONE** great film

### ANT-MAN

**WHO?** Paul Rudd, Michael Douglas, Hayley Atwell, Evangeline Lilly.

**WHAT?** When ex-con Scott Lang (Paul Rudd) becomes armed with a super Ant-Man suit with the power to shrink in scale but increase in strength, he's forced to embrace his inner hero and help his mentor, Dr Hank Pym (Michael Douglas) pull off a heist that could save the world.

**WHY?** If you like the idea of an action flick with a new set of faces instead of the usual suspects.

**WHY NOT?** If you're not really a fan of the superhero genre.

**VERDICT:** A highly watchable film with an original plot and dynamic cast.

**OUT 17 JULY** ★★ ★

### My weekend top 5

#### Tina Hobley

##### EATING

A big family breakfast – the kids love bacon and omelettes while watching a Saturday cooking show.

##### WATCHING

I'm about to start *The West Wing*, which I haven't seen yet, but is meant to be brilliant.

##### LISTENING

As a DJ on Smooth Radio, I always have that on in the background. I like a mix of things.

##### READING

I'm reading *You Are Dead* and *A Twist Of The Knife* by Peter James. I love thrillers and ghost stories and he is a dear friend, as well.

##### WHERE

We've got a lovely house in Gloucestershire, I love the contrast between that and the city.

★ Tina Hobley has been supporting the Alpen Brighter Mornings campaigns – for more information, see [alpenmornings.co.uk](http://alpenmornings.co.uk)



Tina's all for a Smooth country retreat – but she likes a scare, too



# All you need to make it a great one

**Book it now!**

## PIXIE LOTT IN BREAKFAST AT TIFFANY'S

Grab your seat to see the pop princess turn '60s siren as she plays Holly Golightly, a darling of New York cafe society who catches the eye of a struggling young writer. Will Pixie give the late Audrey Hepburn, who immortalised the role on film, a run for her money? 3 March-17 September 2016, tickets from £24.50. See [breakfastattiffanys.co.uk](http://breakfastattiffanys.co.uk)



## REEVES AND MORTIMER: UK TOUR

They were the Morecambe and Wise of their day and now the telly duo are bringing the fun back on the road with this show, *The Poignant Moments*, marking their 25 years in the business. 10 November 2015-16 February 2016, tickets from £29.50. See [ticketmaster.co.uk](http://ticketmaster.co.uk)



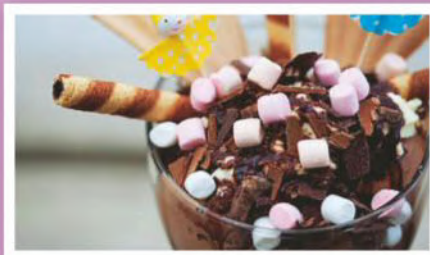
## DIVERSITY UP CLOSE AND PERSONAL TOUR

The *Britain's Got Talent* stars are still topping the bill, six years after their win, and now's your chance to see their gravity defying moves in the flesh. It's a fun evening out for all the family. 31 October-6 December, tickets from £27.50. See [diversityofficial.com](http://diversityofficial.com)

**Great days out**

## ICE CREAM PARLOURS

Grab a sweet treat at one of these seriously cool eateries



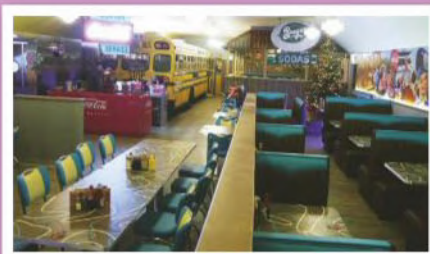
## 1 ROSKILLY'S, ST KEVERNE, CORNWALL

Made using milk from Tregellast Barton Farm's 125 cows, you'll tuck into huge sundaes, with flavours like Minty Moo and Tropical Gala to choose from. There's also home-made fudge at the farm's shop. **More info:** [roskillys.co.uk](http://roskillys.co.uk)



## 2 ICE & SLICE, FULHAM, LONDON

This Italian cafe has heaps of mouth-watering gelato to try after a slice of pizza or focaccia. Enjoy classic flavours and some quirky originals, including Aperol Spritz and Tiramisu. **More info:** [iceandslice.co.uk](http://iceandslice.co.uk)



## 3 BILLY BOB'S PARLOUR, SKIPTON, YORKSHIRE

This '50s diner-style parlour right in the heart of a Yorkshire Dales farm-meets-adventure playground serves spectacular home-made ice cream, with everything from cones to Coke floats. **More info:** [yorkshiredalesicecream.co.uk](http://yorkshiredalesicecream.co.uk)

WORDS: HELEN STUART AND LAUREN HUGHES. PHOTOS: CAMERA PRESS, GETTY, PA



# Staying in Well, who doesn't like a ni



## What to record next week

### DEVIOUS MAIDS

WED, TLC

The second series of this US show ended on a cliffhanger as a gunman took aim at the maids during Rosie and Spence's wedding, but who survived? Find out as a new maid debuts and learns a secret about the family she works for.



### WITNESSES

WED, C4

Starring Marie Dompnier and *Doc Martin* actor Thierry Lhermitte, this exciting French police thriller explores the dark corners of the human psyche and the lengths people go to for revenge.



### FRENCH COLLECTION

MON, C4

Returning daytime series that challenges contestants to find shabby-chic items from French flea markets that can then fetch a pretty penny in the UK.



### LAST KNIGHTS

OUT NOW

Screen giants Morgan Freeman and Clive Owen team up for this sword-slashing tale of loyalty, honour and vengeance. It's an epic drama for a Sunday afternoon.

## One show **NOT** to miss

AWARD-WINNING TELLY



## ONE BORN EVERY MINUTE

WED, C4

**WHO'S IN IT?** A heroic team of midwives and a panting posse of new mums.

**WHAT IS IT?** The BAFTA-winning documentary is back, capturing the tear-jerking drama of the maternity unit at Liverpool Women's Hospital.

Follow the emotional roller coaster of each new mum on their unique journey to welcoming their little ones.  
**YOU'LL LOVE IT:** If you enjoy getting lost in people's real-life experiences.  
**YOU'LL HATE IT:** If the birth scenes are too graphic for you.

### SIX STAR SECRETS

#### Steve Backshall

- 1 I have a black belt in judo. It gives me confidence when I'm out late.
  - 2 Years ago, I won a lilo race down Glen Nevis on an inflatable rhino.
  - 3 My girlfriend bought me a giant version of Jenga for my birthday.
  - 4 For my 40th, I went to Cornwall with friends and we stayed up all night on the beach playing music.
  - 5 I had this slimy peppercorn soup in China and then couldn't eat or drink anything for an hour after.
  - 6 There's a mountain in the Himalayas I want to climb.
- \* Steve's working with the Brave Bones Club to get kids to embark on their own brave adventures. See the Brave Bones Club YouTube channel



THE  
ONE  
DVD



# ght on the sofa?



## WATCH IT ON CATCH-UP TV

### Don't Tell The Bride

BBC IPLAYER

Couples are given a fixed budget to spend on their wedding, but it's the groom who makes all the choices. Spending three weeks apart, could his decisions leave him stranded at the altar?



### Obsessive Compulsive Cleaners: Country House Rescue

ALL 4

See what happens when obsessive cleaners go behind the facade of some of the UK's stately homes and help the struggling owners restore them to their former glories.



## My favourite apps



### JENNIFER METCALFE

**Shazam** 'I love using this to discover new music and download it straight to my phone.'



**Skyscanner** 'This is perfect for when you want to get away on a whim. You just put in where you want to fly to and it shows you the cheapest flights.'

## Don't tell anyone...

Which famous party animal is heading for burnout?

## Soap's big scene

### CORONATION STREET

Leanne's in danger as Dan turns violent and forces himself into her flat, where a terrified Liz is looking after Simon. Taking a physical swipe at Leanne, Dan reveals to Simon that Leanne was a prostitute.

### AND THE BEST OF THE REST

EMMERDALE

Aaron finds out that Robert nearly killed Paddy and plots to set him up by booking a holiday lodge for them together at the business awards. But will it all go to plan? Meanwhile, Bernice has a date with Lawrence, but does he really like her?

**EASTENDERS** A surprise arrest sends shock waves through the Square as further truths are unearthed. Meanwhile, the Mitchells, Beales and the Brannings come to serious blows as residents start to question their loyalties.



Dan shocks Liz and Simon when he gets aggressive with Leanne

DON'T MISS IT!



Save money with our exclusive deals

# EXCLUSIVE

## Free\* Revlon Custom Eyes Mascara

Available in two classic colours – you only pay for postage and packaging

**W**e've teamed up with Beauty Outlet Direct, the discounted beauty store, to offer *Woman* readers this Revlon Custom Eyes Mascara in black or dark brown, worth £9.99, for just £3.50 p&p. This fabulous mascara has an innovative brush with adjustable bristles.

WORTH  
£9.99!

LOOK  
WHAT  
WE'VE  
SORTED  
FOR YOU!



And Treat yourself to...

**BOURJOIS BIO DETOX CONCEALER**

RRP £8.99 each

**WOMAN OFFER PRICE £5.50!**

**VANDERBILT 100ML EDT**

SPRAY RRP £25.00

**WOMAN OFFER PRICE £10!**

## FREE\* Revlon Custom Eyes Mascara

Complete the order form in block capital letters and send it with cheque or postal order for £3.50, along with the cost of any additional orders, payable to Beauty Outlet Direct. Send to Beauty Outlet Direct, PO BOX 5780, Inverness IV1 9ET

Name \_\_\_\_\_ Address \_\_\_\_\_  
Tel no \_\_\_\_\_ Postcode \_\_\_\_\_

Please tick one choice of colour Black ☐ Dark brown ☐

Please tick if ordering

☐ Vanderbilt 100ml EDT  
spray £10

☐ Bourjois Bio Detox Concealer £5.50

Please tick one choice of colour

Bronze ☐ Medium ☐

**TERMS & CONDITIONS** \*Please allow 21 working days from receipt of order for delivery. Postage and packaging is £3.50. Offer is open to UK addresses only. All offers subject to availability. Please do not send cash or stamps. Please write your address and telephone number on the back of your cheque. If your chosen colour or item is out of stock then a similar alternative item will be sent. Full refunds will only be given if the product is damaged or faulty and postage to be paid by customer. Offer closes 31 August 2015. Beauty Outlet Direct will never forward any of your details to any other organisations. Beauty Outlet Direct opening hours are Mon-Fri 9am-5pm (closed weekends, public and bank holidays). Order forms not filled out correctly with all the relevant information will delay delivery of your order and may incur extra charges if Beauty Outlet Direct have to contact you by phone or post.

Beauty Outlet  
DIRECT **woman**

## HOW TO ORDER

\* **ONLINE** Visit [www.beautyoutletdirect.co.uk](http://www.beautyoutletdirect.co.uk) and click Special Offers. Add the Revlon Mascara Offer to your basket and input code WRM at the checkout.

\* **BY POST** Send a cheque or postal order for £3.50, plus the cost of any additional products, payable to Beauty Outlet Direct, with the order form (left), to Beauty Outlet Direct, PO Box 5780, Inverness IV1 9ET.

\* **BY PHONE** Minimum £5 orders can be made by calling 01463 719159, quoting code WRM.



# Food for the weekend

You have the time, so indulge yourself...

## ...buy this

### SWITCH UP YOUR BBQ

Fancy a change from your regular burgers and bangers? M&S has everything you need with 50 new items in the range! Here are our faves.

#### THE NEW RIBS

**Lamb Ribs with Sticky Beer Glaze, £5, 475g**

2 mini racks of lamb shoulder ribs, slow-cooked and falling off the bone.



#### POSH SAUSAGES AND BACON

**Candied Bacon, 170g, £2.50**  
**Cumberland Whorl with Apple Cider and Mustard Glaze, 510g, £4.50.**  
**Fruity Bacon Belly Strips, 380g, £5.**



#### SWISH VEG

**Asparagus spears, 180g, £2.50.**

Barbecue with olive oil and chilli, serve with Parmesan shavings.



#### LUSCIOUS DESSERT

**Summer Cup Jelly, 570g, £3.50.** Fruity and refreshing, perfect with vanilla ice cream.

## ...and to drink

**Craft beers, 330ml, £1.85 a bottle.** **Battersea Rye**, a bold and spicy brew, **British Clipper IPA**, a rich and earthy flavour, and **Island Hopper Pale Ale**, a smooth and easy drink.



PREPARE AHEAD



## ...make this

### BETTER-THAN-EVER RETRO ARCTIC ROLL

Take a tub of ice cream to help you make this impressive dessert classic

**SERVES 8 PREP 25 MINS, PLUS FREEZING TIME COOK 12 MINS**

- \* 125g golden caster sugar
- \* 3 large eggs
- \* 125g self-raising flour
- \* 4tbsp raspberry jam
- \* 250ml frozen berry yogurt
- \* 500ml strawberry ice cream
- \* 2tbsp golden granulated sugar, to sprinkle

- 1** Preheat the oven to 180°C, Gas 4. Grease and line a 33 x 23cm Swiss roll tin with baking parchment.
- 2** Whisk the sugar and eggs together for 10 mins with an electric mixer until pale and really thick.
- 3** Sieve in the flour and gently fold in. Pour into the prepared tin, spreading over evenly. Bake for 12 mins.

- 4** Dampen a clean tea towel, spread on to a work surface. Top with a sheet of baking parchment sprinkled with sugar.
- 5** Upturn sponge on to the paper, peeling away the lining. Lift up the tea towel and baking parchment, roll up the sponge, with paper inside. Cool seam-side down.
- 6** Leave measured frozen yogurt and ice cream to soften.
- 7** Gently unroll sponge, spread with jam. Use a palette knife to spread over the frozen yogurt. Spoon over the ice cream, smoothing to spread evenly.
- 8** Roll the sponge back up, wrapping tightly by using the baking parchment. Refreeze until firm. Remove from the freezer for 10 mins before serving.

**Per serving: 270 calories, 8g fat (4g saturated), 44g carbs**



# Summer sundae

*Refresh your home with a  
pastel palette of pistachio,  
lilac, blue and pink*



Thornbury collection from  
Ashley Wilde fabrics, £18 per  
metre, [ashleywildegroupp.com](http://ashleywildegroupp.com)

COMPILED BY GEMMA BROOKS





Cotton and linen mix curtain fabric, from £35 per metre, Laura Ashley



Butter dish, £12.95, Dotcomgiftshop



Cups, £3.95 each, Dotcomgiftshop

Stacking bowls, £29.95 for set of four, Dotcomgiftshop



Colours One Coat Matt Emulsion in Tutu, £19.84, B&Q



Chair, £39, Very



Storage boxes, £30 for set of two, Laura Ashley



Teacup and saucer, £14.99, creative-tops.com

Clock, £26, houseology.com



Small storage jars, £5.95, Dotcomgiftshop

Tumblers, £7 for set of four, Next



Carafe, £40, amara.com



Cleaning caddy, £24.99, dobbies.com



Cushion, £19.50, M&S



Cushion, £19.50, M&S



Canvas, £5, Wilko

Teacups and saucers, £35 for set of four, sweetpeaandwillow.com



Jug, £9.50, M&S



Retro suitcases, £13.94 for set of three, luckandluck.co.uk



Coffee table, £59.95, Dotcomgiftshop



# Books & puzzles

AND IF YOU LIKED THAT, TRY THESE...



**Laura Jackson read *Summer At Tiffany's* by Karen Swan, £7.99 paperback, £5.99 ebook (Pan)**

It doesn't matter whether you've read the first book – *Christmas At Tiffany's* – or not, you're sure to warm to this light-hearted tale of weddings and relationship disasters. Established couple Cassie and Henry are struggling to set a date for their nuptials. Meanwhile, Henry's 20-year-old cousin Gem is all set to get hitched to a man with a murky past after a whirlwind romance. Will anyone actually make it down the aisle? A steamy summer essential.

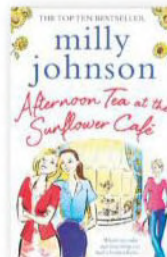
**Our verdict: ★★★★★**



## REALITY BITES

***The Show* by Tilly Bagshawe**

You'll welcome the return of familiar characters from the previous books as Laura Baxter decides to make money by filming a TV reality show at the Swell Valley farm. Endearing characters plus fun and frolics in the countryside.



## REVENGE IS SWEET

***Afternoon Tea At The Sunflower Café* by Milly Johnson**

When Connie discovers her husband Jimmy has been playing away for the past 24 years, she recruits Della, Jimmy's right-hand woman at his cleaning company, to set up a rival firm. Then handsome Brandon arrives on the scene.



## MARRY IN HASTE

***The Summer Wedding* by Fiona Walker**

Iris, the beautiful teenage daughter of celebrity couple Mia and Leo, is set to marry hellraiser Dougie in a glam Thames-side ceremony. But as a hot-air balloon heads for the venue, how will it affect the outcome?

\* Visit [womanmagazine.co.uk](http://womanmagazine.co.uk) for all the latest news and views

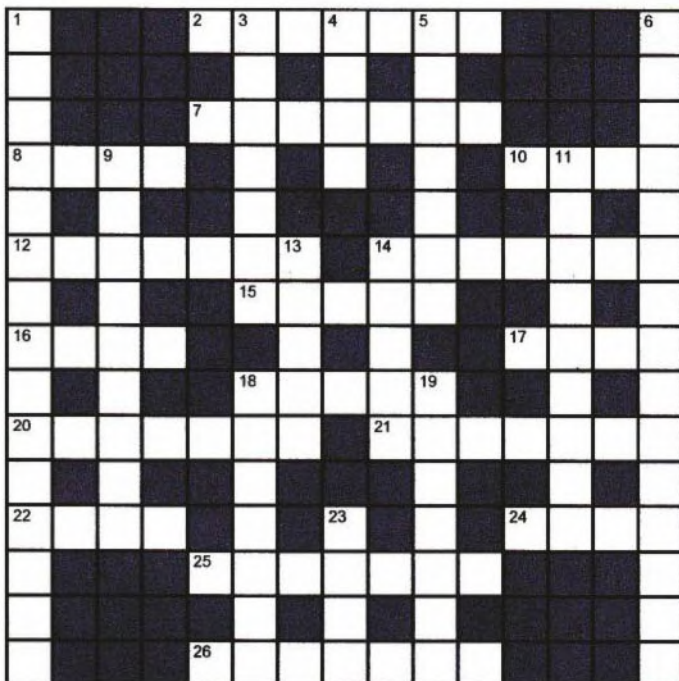
Get *Summer At Tiffany's* by Karen Swan for ONLY £3.49 (RRP £7.99)

**BETTER THAN HALF PRICE AT WHSMITH**

T&Cs: Subject to availability, while stocks last. Only one £3.49 copy of *Summer At Tiffany's* per voucher. Voucher is valid until 27 July 2015 at WHSmith high-street stores only. This offer is excluded from outlet stores, books by WHSmith at Selfridges, Harrods and Fenwick's stores, WHSmith 'Local', online and travel stores, including those at railway stations, motorway service stations, hospitals and work places. Voucher offers cannot be used in conjunction with any other offer or promotional voucher and vouchers must be surrendered upon use. Photocopies will not be accepted. No cash alternative. WHSmith reserves the right to reject any voucher it deems, in its sole discretion, to have been forged, defaced or otherwise tampered with.



## TRICKY CROSSWORD!



## → ACROSS

- 2 Use tray foolishly in the river mouth (7)
- 7 Leaves flea, I go crazy! (7)
- 8 A long walk gets a large price rise (4)
- 10 Level but unorthodox rite (4)
- 12 High hoe movement, so be it! (5-2)
- 14 A bird and I get a drink (7)
- 15 Search scrub (5)
- 16 Declare Vera is wrong (4)
- 17 Thin material laid in the garden (4)
- 18 Leaders of force use great urgent energy in a repeated theme (5)
- 20 Final consumer endures, somehow (3,4)
- 21 Hid spur badly, being rather prim (7)
- 22 Leon is coming back for Christmas (4)
- 24 Shaking a rag as a gelling agent (4)
- 25 Cargo in trouble, having grown naturally! (7)
- 26 Startled and led a ram astray (7)

## → DOWN

- 1 Dense headlights recreated dizziness (5-10)
- 3 Sands or irons? (7)
- 4 Some soldiers with some ammunition (4)
- 5 Uniform for a career soldier (7)
- 6 Shock treatment could make heavy patron rise (8,7)
- 9 Geek fined wrongly in a narrow situation (5,4)
- 11 Timing it a mistake when copying? (9)
- 13 Happen to be in the Soviet bloc currently (5)
- 14 Study with drinking vessel raised high (3,2)
- 18 Free lad, possibly, of more than one state (7)
- 19 Wandering ere time with the recluse (7)
- 23 Just blond? (4)

**LAST WEEK'S ANSWERS** ACROSS 1 Associate 5 Hides 8 Drill 9 Pillars 10 Dismissing 12 Page 15 Age 16 Stepped 17 Secrets 19 Pad 20 Ease 22 Protractor 26 Imitate 27 Turns 28 Scene 29 Surprises  
DOWN 1 Added 2 Spins 3 Cultivated 4 Expands 5 Held 6 Drama 7 Suspended 11 Sue 13 Headmaster 14 Mysteries 18 Streets 19 Put 21 Shine 23 Tires 24 Rises 25 Came



# MARTIN CAN SAVE YOU MONEY



*MoneySavingExpert.com's Martin Lewis is fighting to save you £££s*

## 10 WAYS TO GET THE CREDIT YOU DESERVE!

In today's financial world, the more creditworthy you are, the better deals you'll get, from mortgages to mobiles. So it's time to add 'manage my credit file' to the to-do list. Here's what you need to know...

### 1 You don't have a universal credit rating – there's no blacklist.

Each lender scores you differently to see if you meet its requirements as a profitable customer. Those whose history shows they're unlikely to repay get rejected, but even low risks can be too, if the lender thinks they won't make it money.

### 2 Boosting your credit score is like going on Tinder.

A host of things can make you more attractive to lenders, but there's no universal fix. Say two women both use dating app Tinder – one might always swipe no to men with beards, the other might love them. Equally, different lenders tend to look for different things. Yet most people like someone who doesn't smell, so some simple changes will work for most:

**a)** Evidence of stability is



good. Put a landline, not a mobile number, on applications.

**b)** Don't withdraw cash on credit cards or get payday loans. They're evidence of poor money management.

**c)** Never miss or be late on repayments. Use a direct debit, even if just for the minimum.

### 3 Find out what cards and loans you'll be accepted for.

My free eligibility calculators at [moneysavingexpert.com/eligibility](http://moneysavingexpert.com/eligibility) show your odds of being accepted (and, unlike applying, don't impact creditworthiness), so you can hone in on the right card or loan quickly. They can be hugely powerful. Kelly told me: 'Used the balance-transfer eligibility calculator and got 35 months 0%. I shifted £11,500

from up to 29.9% APR' – saving herself £4,600 in interest.

### 4 Get on the electoral roll.

Register at [gov.uk](http://gov.uk). To stop junk mail opt out of the 'open register'.

### 5 Check your file.

Even small errors on your files can kibosh applications.

Check the three credit-reference agencies, Experian, Equifax and Callcredit, once a year. To check them for free, see [noddle.co.uk](http://noddle.co.uk) for Callcredit and sign up to both Experian. [co.uk](http://co.uk) and [equifax.co.uk](http://equifax.co.uk) for free month-long trials – once you have your file, cancel asap.

### 6 Avoid multiple applications.

Most card or loan applications

leave a footprint on your file. Too many close together can hurt applications, so try to space them out.

### 7 Get unfair defaults removed.

It's important to get these removed. First complain to the lender. If that fails, write to the credit-reference agency to ask it to add a Notice of Correction to your file, eg, 'It was for a top from a catalogue that never arrived.' This will slow applications, but waiting for a yes is better than a no. Finally, complain to financial-ombudsman.org.uk.

### 8 Use a bizarre trick to build creditworthiness.

Lenders can reject those who've never had any credit due to lack of data. The answer is to get a credit card and just spend £50 on it each month (never withdraw cash), repaying IN FULL by direct debit each month so there's no interest. After six to 12 months, you'll start to look like a better credit citizen. But trying to get a card with no credit history can be a catch-22 situation. The answer is a specialist credit rebuild card – for a full list see [mse.me/creditrebuild](http://mse.me/creditrebuild).

### 9 Time it right.

CCJs, defaults or bankruptcy stay on your file for six years. Applications stay on for one year. If they are due to lapse, wait to apply.

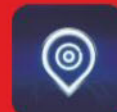
### 10 Be consistent.

Fraud-scoring agencies map how consistent your applications are, even to different firms. So always use the same mobile, job title, etc.

## Martin's hot deals

### £1 MEAL DEAL FOR O2 USERS

Get a Boots meal deal, eg. sandwich, crisps and drink (normally £3.29 plus), every Monday from 10am to 3pm for £1, with the O2 Priority Moments app. Show a code from the app at checkout.



### PSST, WANNA BUY STOLEN GOODS?

Fancy a new bike or bit of bling? Don't worry, it's all legal via police auctions, where forces in England and Wales use the site [bumblebeeauctions.co.uk](http://bumblebeeauctions.co.uk) to sell goods when they can't find the rightful owner.





## Woman Bingo promotion

# ‘Together we won £10,713!’

*It's sun, sea and sand for these two big jackpot winners thanks to Woman Bingo*

## ‘I’M OFF TO FLORIDA WITH MY £9,713 WIN’

**W**ith her **Woman Bingo** jackpot win, **Donna Hunter, 38, a sales assistant from Lanark, will be taking her son away for some well-deserved sun...**

It was a Sunday night and I'd just gone to bed, but I didn't feel sleepy, so I decided to have a few games of bingo. I logged on to *Woman Bingo*, clicking through to the main lobby, where all the different games on the site are. I usually play the 90-ball Sapphire Bingo, but I saw that my mum Nina was playing online too in a 75-ball game I'd never tried before.

‘What's Bingo Lounge?’ I asked in the chat stream. ‘Would I like it?’

‘Give it a go,’ someone messaged back. ‘You never know until you try.’

## Jackpot win

I clicked into the Bingo Lounge room and bought three 10p tickets. I've won a few Full House cash prizes before, but never a Progressive Jackpot, I wrote in the chat room.

As I typed, my last number came up for the Game Prize. Then a message popped up saying that I'd also won the Progressive Jackpot of £9,713!

As Mum was already online on the site, she called me.

‘I've won nearly £10k!’ I said.

‘Well done. You totally deserve it,’ she replied.

The next morning, my uncle Stewart, who lives in my house, said, ‘What were you doing? You woke me up with all that noise!’

But when he heard about my jackpot, all was forgiven!

I've been playing *Woman Bingo*

for five years. Shortly after joining, I won a couple of Full House prizes and, 18 months later, I won £2,000 on Double Bubble slots.

My mum and sister joined after my wins. Now we swap messages if we're online at the same time and I've made lots of friends with the hosts and other roomies. I enjoy playing the daily play game, where you can win cash and free spins or bingo tickets. I was so delighted when I once won £250 on a free game.

## Holiday time

Just before my win, I'd put a deposit on a trip to Florida for me and my son Jay, so I used a chunk of my jackpot to pay off the balance. I've also put aside £1,000 for spending money and I've paid for Jay to go swimming with dolphins.

I've put the remaining £5,000 in a savings account.

I can't recommend *Woman Bingo* enough. My family love it and I'm sure you will, too!



Where would you go if you won?

## DAILY SALE WHEEL

- \* Enjoy daily cashback on slots – take a spin on The Daily Sale Wheel to grab an amazing 10% cashback on selected slot games!
- \* Spin the Sale Wheel each day from 21 to 24 July 2015 to opt in and see which of our slots it lands on. Then just play a minimum of £50 to receive 10% cashback.
- \* Our Sale Wheel could land on Fortune Temple, Jungle Jump, Tiki Temple or Chuzzle Slots.



- \* Don't miss out on the Daily Sale Wheel this month. Grab a wheelie great bargain!

18+, UK only. Registration and wager required. T&Cs apply





CLAIM YOUR

£25 FREE-PLAY\*

**woman**  
*Bingo.com!*

NOT A MEMBER YET?  
DON'T MISS OUT!



- 1 Visit **womanbingo.com**
- 2 Join, entering promo code **WOMANG30**
- 3 You'll get **£35 of bingo** for just **£10!**

Offer ends **31 August 2015**

**£25  
EXTRA  
BINGO!\***

\*New customers only. Registration required. 18+, UK only. Valid until 31 August 2015. Minimum £10 deposit. You must enter the code WOMANG30 on registration and accept the Welcome Bonus when you deposit £10 to receive £25 Welcome Bonus to play. 250% Welcome Bonus – max £100. Welcome Bonus must be wagered twice before withdrawals (including, but not limited to, any cash winnings or deposits related to the applicable bonus) from your member account. Wagering requirements apply. The Welcome Bonus will expire within 30 days if not used in its entirety. Cash-out restrictions apply. See full T&Cs at [womanbingo.com](http://womanbingo.com). For 24-hour support, freephone 0800 458 0770. Play responsibly, visit [gambleaware.co.uk](http://gambleaware.co.uk).

 **gambleaware.co.uk**

## I'm heading to Spain'



**LESLEY WON  
£1,000**

**Lesley Start, 66, from East Yorkshire, knew just what to do with her jackpot...**

I'd long been a fan of bingo, but when the local hall got expensive, I joined *Woman Bingo*. My favourite bingo game is Tiki and it was while playing in there that I won my jackpot.

I'd bought six 10p tickets and was soon

shocked to see I was only waiting on two numbers. And when they came up and I won £1,000, I could hardly believe my eyes – I had to get my husband, George, 68, to confirm the win for me!

Once we'd got over the shock, I wasted no time in booking a two-week holiday to Benidorm for this summer. *Woman Bingo* is a great site!

**YOU COULD BE THE NEXT WINNER!**

**woman** *Bingo.com!*



# East meets West!

*Once a Portuguese colony, the Chinese city of Macau is a heady mix of Asia and the Med*

## WHY GO?

It's known as the Vegas of the East, but Macau, 40 miles west of Hong Kong, is a lot more than a gambling mecca. As a former Portuguese colony, the European influence remains strong, giving it a Mediterranean feel. Macau is an alluring mix of palatial hotels, casinos and traditional colonial homes in pastel pinks, greens and yellows, with 18th-century Baroque churches and Taoist temples from the Ming Dynasty thrown in. Made up of the Macau Peninsula, the old historic centre; the islands of Coloane and Taipa; and the Cotai strip (from Co-loane and Tai-pa) that connects them, it makes for the holiday of a lifetime.

## WHAT TO DO

Small and compact, Macau is a breeze to explore. Wander through the Historic Centre of Macau, a UNESCO World Heritage site with monuments and streetscapes such as Senado Square, St Lawrence's Church, Dom Pedro V Theatre, A-Ma Temple and the Ruins of St Paul's.

For thrill seekers, Macau Tower is home



See the city from Macau Tower

to the world's highest commercial bungee jump. Even if you don't fancy a 764ft plunge, it's worth a trip to the top for the panoramic views and sights of grown men crying as they're strapped into harnesses. For something less hair-raising, try out the racing car simulators at the Grand Prix Museum before slipping next door for a tasting at the Macau Wine Museum.

Once you've hit sensory overload, escape to sleepy Coloane (a 20-minute drive). Follow the nature trail up through the forest to Tin Hau Temple at the top of Alto de Coloane for stunning vistas. Then refuel at Lord Stow's Bakery with one of their famous egg tarts.

**TRAVEL TIP** Even if you're not having a flutter, it's worth checking out the hotels' over-the-top casinos – The Venetian is one of the largest in the world. There are lots of free attractions, too, from the MGM's huge aquarium to the Wynn's Tree of Prosperity music and light show.



Sample fine French fare at Vida Rica

## WHERE TO EAT

A foodie haven, Macau excels at a variety of cuisines. Head to Restaurante Litoral for traditional Macanese, a unique fusion of Portuguese, Chinese, Indian and African flavours. Don't forget to order the serradura or 'sawdust', a delectable cream and crushed biscuit dessert; mains from £14, [restaurante-litoral.com](http://restaurante-litoral.com)

For fine dining, Michelin-starred António serves authentic Portuguese cuisine while the French restaurant, Vida Rica, at the super-luxe Mandarin Oriental is well worth splashing out on.

If you can't commit to one type of food (and why would you?) head to MGM's buffet restaurant, Rossio, where you can try a bit of everything. The all-inclusive Sunday Brunch costs from £37 per person; [mgmmacau.com](http://mgmmacau.com). Best of all, no one will judge you for having seven desserts – trust us!



*Getting away from it all*



Clockwise from left: Macau's breathtaking cityscape; a replica Venice inside the Venetian; Lantern Festival; the iconic Ruins of St Paul's; A-Ma Cultural Village; Food Street in Taipa

## WHERE TO SHOP

Whether you prefer high end or high street, Macau is a shopper's paradise. Many of the vast casino resorts have their own malls. Head to The Venetian for more than 600 duty-free shops, from Dior to Mango – and don't miss its replica of Venice's St Mark's Square, complete with canal, imitation sky and strangely naturalistic daylight.

The streets around Senado Square (pictured below) and the Red Market on Avenida Horta e Costa are the best places to go for inexpensive clothing, jewellery, souvenirs, curios and local food vendors.



## LAP OF LUXURY



## WHERE TO STAY

### HOTEL SOFITEL MACAU

If it's grandeur you want, look no further. The decor is all marble and crystal chandeliers, and there are incredible views across the water to China. Head to the spa for the So Spring package, which includes a 90-minute massage and a L'Occitane Almond Shower Oil for £80. Rooms from £170; [sofitelmacau.com](http://sofitelmacau.com).

### POUSADA DE SAO TIAGO

A boutique hotel with 12 suites. This converted 17th-century fortress has a tree-shaded rooftop pool, fairy-lit terrace bar and tiny private chapel. Rooms start at £283pp; [saotiago.com.mo](http://saotiago.com.mo).

## NEED-TO-KNOW

**CURRENCY** The Hong Kong dollar and the Macau pataca (MOP) are accepted.

**TIME DIFFERENCE** Macau is eight hours ahead of the UK.

**VISA** Brits can stay up to three months without a visa.

**WEATHER** The best time to visit is October–December. Temperatures are usually in the high twenties but, indoors, air con can be aggressive, so pack extra layers.

**GETTING AROUND** Taxis are very cheap – head to the nearest hotel and pick one up outside. Not all drivers speak English so carry your hotel's card to show them. Alternatively, buses charge a flat fare of MOP\$3.20 (25p), or take advantage of the city's rental bikes.

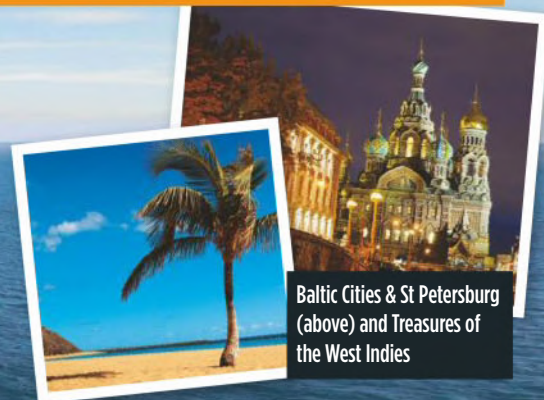
## GET ME THERE!

Virgin Atlantic flies from Heathrow to Hong Kong from £794 return; [virgin-atlantic.com](http://virgin-atlantic.com). From the airport, the TurboJet ferry takes you to Macau in 55 minutes; fares start at £12.25, [turbojet.com.hk/en/](http://turbojet.com.hk/en/).

**For more information, visit** [www.macautourism.gov.mo](http://www.macautourism.gov.mo) @



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Baltic Cities & St Petersburg (above) and Treasures of the West Indies

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Cruise	Departure Dates 2016	Nights	Port	Inside cabin 1st person from	Outside cabin 1st person from	2nd person sharing a cabin
Baltic Cities & St Petersburg	May & July	12	London (Tilbury), Hull, Newcastle, Leith	£1,709	£2,359	FREE
British Isles Discovery	16 April	9	Tilbury	£1,279	£1,769	FREE
Canada in the Fall	August	28 or 29	Greenock, Liverpool	£3,879	£5,349	FREE
Canary Islands & Madeira	17 October	14	Bristol	£1,679	£2,309	FREE
Christmas Market & Party Cruise to Dublin and Cork	18 December	3	Bristol	£359	£489	FREE
Dublin Weekend Mini Cruise	15 October	2	Liverpool (rtn. to Bristol)	£279	£369	FREE
Dublin Weekend, Canary Islands & Madeira	15 October	16	Liverpool (rtn. to Bristol)	£1,949	£2,679	FREE
Fjordland Splendour	May, August & September	8 or 9	Hull, Greenock, Liverpool, Tilbury (rtn. to Hull)	£1,169	£1,609	FREE
Greenock to Montreal	26 August	15	Greenock	£2,079	£2,869	FREE
Iceland, the Faroes & Northern Isles	June, July & October	12	Hull, Newcastle, Leith, Liverpool	£1,669	£2,299	FREE
Liverpool to Montreal	27 August	14	Liverpool	£1,939	£2,679	FREE
Majestic Fjordland	25 April	7	Tilbury	£999	£1,379	FREE
Montreal to Liverpool	10 September	14	Liverpool	£1,939	£2,679	FREE
Overnight Mini Cruise (Fri or Sat)	May, July & August	1	Greenock, Tilbury, Newcastle (rtn. to Leith)	£89	£129	FREE
Scottish Isles & Faroes	June & August	6 & 7	Hull, Leith (rtn. to Greenock)	£939	£1,279	FREE
South American Treasures	5 January	54	Bristol	£6,229	£8,649	FREE
Springtime Fjordland	4 & 10 April	6	Tilbury	£859	£1,179	FREE
Springtime Gardens	31 March	4	Bristol (rtn. to Tilbury)	£489	£669	FREE
Treasures of the West Indies	28 February	32	Bristol	£3,929	£5,449	FREE

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# Denise's £3 BEAUTY TRICK!

*The TV star reveals her slimming routine and why she wants to be more like her mum...*

**D**enise Van Outen brushes away my handshake and gives me a hug instead. 'We've met before,' she says warmly, proving she's every bit the bubbly Essex girl you see on TV. Right now life is good for the 41-year-old. After a successful stint on *EastEnders*, Denise is happy being mum to Betsy, five, and is settled with new man, Eddie Boxshall. Here, she tells us the secret to her beautiful complexion...

**How has your fitness routine changed over the years?** As I get older I have to work harder to stay in shape. You get people who say, 'I'm naturally like this', but eventually you have to put the work in, especially if you have kids. I'm more aware of taking care of myself than I was in my twenties and thirties because I didn't really have to think about it. It's easy to lose confidence as your looks start to change, you get your mum tum and all those wobbly bits – it's hard work!

**Do you have a strict diet or do you allow yourself treats?** I love a glass of wine or a cocktail at the weekends. Weekdays are just impossible because I have the school run. My evening routines consist of running

after Betsy, getting her bathed and into bed. Then I'm up early. I try to do the school run pretty much all the time. I'm often back and forth between London and Kent for work.

**How do you feel about your looks as you get older?** People tell me I haven't changed much which is nice, but when I look in the mirror it's a different story. When I look at pictures of myself taken in the 90s, I look like a tomboy in cargo pants and platform trainers. I've definitely become more Essex as I've got older, I've embraced the fur and bling!

**What's the secret to your wrinkle-free skin?** I've never had any cosmetic facials, I'm not sure they're value for money. My number one beauty secret is Waitrose Baby Bottom Butter. It's amazing! It's £3 and I put it on my face at night and in the morning my skin just looks so nourished. I even put it on my little eczema patches and they're gone by the morning.

**Who's your inspiration?** My mum. She's the opposite of me because she's really relaxed. She'll only wear make-up occasionally. I've

always been a proper dolly. I'd spend hours in my bedroom painting my nails. I wish I could be more like my mum because she's a relaxed earth mother.

**You recently starred in *EastEnders*. What's the secret to surviving in showbiz?** I've never been afraid of trying new things, which is how I've avoided being stuck in

a rut. When I was in the TV bracket I still went off and did theatre and proved I wasn't just a telly babe. I've had a few turkeys on the way but I picked myself up and carried on. I feel much more comfortable in my skin than I did in my twenties. A lot of that comes from being a parent. I'm very happy in my relationship, I have a healthy daughter – I'm happier than ever really.'

**\* Denise is a spokeswoman for diet aid XLS-Medical Max Strength. See [xlsmedical.co.uk](http://xlsmedical.co.uk)**



Denise with Mum's Chloe

**'I WASN'T JUST A TELLY BABE'**



With partner stockbroker Eddie Boxshall...

...and five-year-old daughter Betsy





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'OMG! Mum, you're copying my style!'

**LORRAINE KELLY & ROSIE SMITH**

Journalism student Rosie is a chip off the old block!



# Like mother,

*Mum's the word when it comes to these glam*



**ABBEY CLANCY & KAREN SULLIVAN**

The apple doesn't fall far from the tree for Abbey and her mum.

'We've got tons of specs appeal!'



**DEMI MOORE & RUMER WILLIS**

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**GEMMA & JOAN COLLINS**  
These Essex girls know blondes have a lot more fun...



**REESE WITHERSPOON & AVA PHILLIPPE**  
This cute pair look more like sisters!



**JERRY HALL & GEORGIA MAY JAGGER**  
She may have moves like her dad, but Georgia's sure got her mum's looks.

# like daughter!

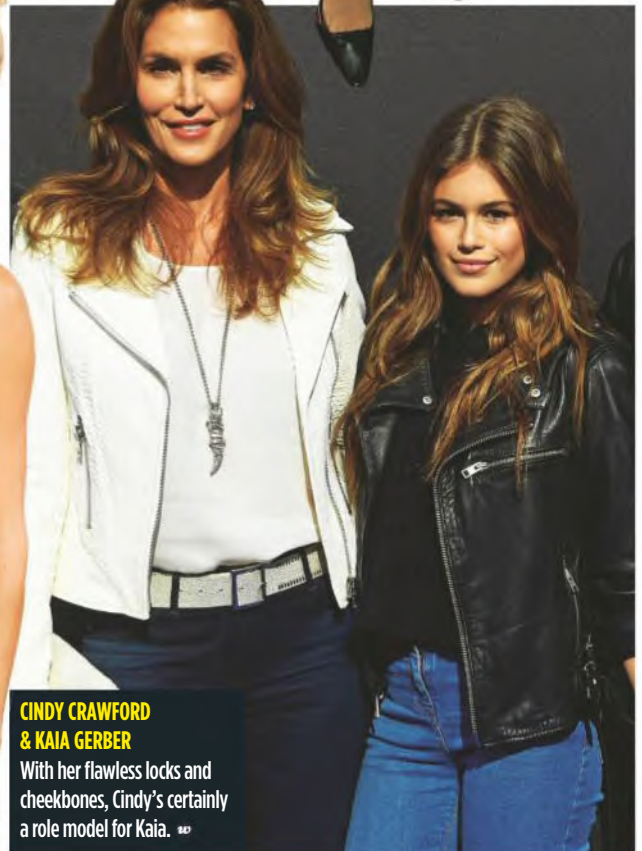
*lookalike pairs*



**BETTE MIDLER & SOPHIE VON HASELBERG**  
This theatrical pair are two peas in a pod!

'Mum, you're a golden oldie!'

**GOLDIE HAWN & KATE HUDSON**  
Blonde, bubbly and beautiful – it's hard to tell these two apart!



**CINDY CRAWFORD & KAIA GERBER**  
With her flawless locks and cheekbones, Cindy's certainly a role model for Kaia.

WORDS: HELEN STUART. PHOTOS: CAMERA PRESS; GETTY; REX; LANDMARK MEDIA; WENN; INSTAGRAM: @REESEWITHERSPOON, @RUELAARUE



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# STARSCOPE

Your stars for next week and the year ahead,  
by Penny Thornton



**ARIES** 21 Mar – 20 Apr

If you are burning a bridge or putting a situation behind you, the universe is firmly on your side. However, if you were hoping for a picture perfect week, forget it.

For your reading ☎ 09058 172557



**TAURUS** 21 Apr – 21 May

This is one of those weeks when the weather may get in the way of your plans or your plans may interfere with other people's. Bend where you can, find alternatives when possible and forgive and forget.

For your reading ☎ 09058 172558



**GEMINI** 22 May – 22 Jun

Count yourself lucky if you don't run into an argument or impasse. Sometimes you need to show who's boss and where a line must be drawn. Be strong; be wise.

For your reading ☎ 09058 172559



**CANCER** 23 Jun – 23 Jul

Be prepared for someone not to see things quite the same way as you do. Do your best to negotiate but if people are bent on sabotage or self-destruction, maybe you have to let them do their worst.

For your reading ☎ 09058 172560



**LEO** 24 Jul – 23 Aug

Take any last-minute changes in your stride. If you suddenly experience a change of heart, have the courage to say so. It could be nerves. Once you've had your say, everything will be back on track.

For your reading ☎ 09058 172561



**VIRGO** 24 Aug – 23 Sep

If you feel fate has had an influence recently, dig a little deeper and you'll find the seeds were planted many moons ago. And maybe, if you're honest, this is exactly what you need.

For your reading ☎ 09058 172562

**Starlines are updated every Saturday.** Calls cost 80p per minute plus your telephone company's network access charge and last about 4 minutes. Users must be 18+. You must have the bill payer's permission. Service provider: Spoke. Helpline: 0333 202 3390.

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**LIBRA** 24 Sep – 23 Oct

People will respect you for saying what you mean and sticking to your priorities; if you give way, lesser beings are likely to take advantage. Stand up and be counted.

For your reading ☎ 09058 172563



**SCORPIO** 24 Oct – 22 Nov

You can't start something major without leaving something or someone behind. There is a chance the week will pass quietly, but you will come to see this as a hugely significant period.

For your reading ☎ 09058 172564



**SAGITTARIUS** 23 Nov – 21 Dec

This isn't the smoothest of weeks, which doesn't mean you can't be successful. There's always a solution, so hold your fire and wait for clarity to be regained.

For your reading ☎ 09058 172565



**CAPRICORN** 22 Dec – 20 Jan

Only those things that are not made of the right stuff will teeter under these testing influences. Everything else will hold firm or go from strength to strength. Consider this a time of liberation.

For your reading ☎ 09058 172566



**AQUARIUS** 21 Jan – 19 Feb

Accommodate people who cause you a problem and don't make a snap decision if faced with an unwelcome development. Things can be turned around. If they can't, maybe that's a blessing.

For your reading ☎ 09058 172567



**PISCES** 20 Feb – 20 Mar

Moving your life forward may well mean facing the fact that some people and some situations are never going to change. Pour your love, energies and talents into more appropriate channels.

For your reading ☎ 09058 172568

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A robust yet **flexible sole** teamed with a comfortable **cushioned footbed** makes this the perfect sandal to live in this season. With hardwearing yet comfortable uppers including **twin adjustable strap fastenings** for a secure and personalised fit plus a **heel strap** for convenience. Plus only £3.99 delivery.

Upper Other/Textile Lining Textile Sock/Sole Other

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### 14 DAY MONEY BACK GUARANTEE IF NOT COMPLETELY SATISFIED

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DO IT  
ALL!

**vibrostation**  
vibration training plate

The UK's **SLIMMEST, PORTABLE**  
**ADVANCED VIBRATION PLATE.**

**60-DAY\***  
**MONEY BACK GUARANTEE**

**SHAKE IT AWAY**

IN **JUST 10 minutes**  
**a day!**

OVER  
10 YEAR'S  
Development  
in **'ONE'**  
COMPACT  
MODEL!

Handy  
Remote  
Control  
Operation



**Vibrostation Home Studio**  
Gym specification vibration plate

**10 REASONS TO BUY...**

- 1 EASY TO USE** Simply step-up, hold your position and let the vibrating plate do the rest
- 2 AFFORDABLE** Buy now for only £199, **SAVE £200 (RRP £399)**
- 3 UNISEX** Suitable for Men & Women, of all ages and body shapes
- 4 PORTABLE** Lightweight, compact design means you can take it anywhere
- 5 PRIVATE** Use Vibrostation in the comfort of your own home
- 6 GUARANTEED** Try Vibrostation at home, risk free for 60 days!
- 7 SMART** Stylish Black and White design and mains powered
- 8 RECOMMENDED** Used by Professionals in clubs and sports centres
- 9 PERSONAL** Easy control - 99 Speed Settings/ 4 Auto Programs / 1 Manual Program
- 10 LOW IMPACT** Tendons and ligaments are put under far less pressure

Revolutionise the way you  
workout at home, using  
only 1 piece of equipment.

**Target...**

- ✓ **THIGHS**
- ✓ **STOMACH**
- ✓ **BUTTOCKS**
- ✓ **ARMS**

**Why go to  
the gym when  
you can train  
at home?**

Vibrostation have incorporated 10 years of experience to bring you an excellent vibration plate at an unbelievable price. The 'Home Studio' works in the same way as our Studio System range that is used in Vibration training studios Worldwide.

**WHY USE 4 PIECES OF  
EQUIPMENT WHEN  
YOU CAN USE 1?**

Simply step up, adopt and hold your desired position and let the vibrating plate send pulses of energy through your body.

**BUY NOW  
ONLY £199  
SAVE  
£200**

**PLUS FREE WORKOUT  
PACK WORTH £99**

**"WOW!"**

"...using the vibrostation has enabled me to achieve my target weight."

**Janet - Durham**

Target all your core muscle groups by performing a variety of exercise positions including strength, stretch, relaxation and massage.

**Low impact and  
shorter training time**

Compared to a treadmill, training with any vibration, is low impact and due to the shorter training time, the joints, ligaments and tendons are put under far less pressure.

**FREE**  
exercise bands

**FREE**  
exercise chart

**FREE**  
remote  
control

Studies suggest vibration training can assist with...

- 1. Increasing circulation**
- 2. Increasing muscle strength**
- 3. Reducing body fat levels**
- 4. Improving Co-ordination**
- 5. Increasing bone density**



"I've actually lost 2 inches off my waist as a combo of a diet and the Vibration over the past 4 weeks (I use it every day, and do core exercises on it, but it's still a great fat reduction in such a short time) and am now down to a size 8/10 which I haven't been for ages."

**Dr. Angie Winnington-Sharp** BSc (Hons), PhD  
Director & Clinical Specialist

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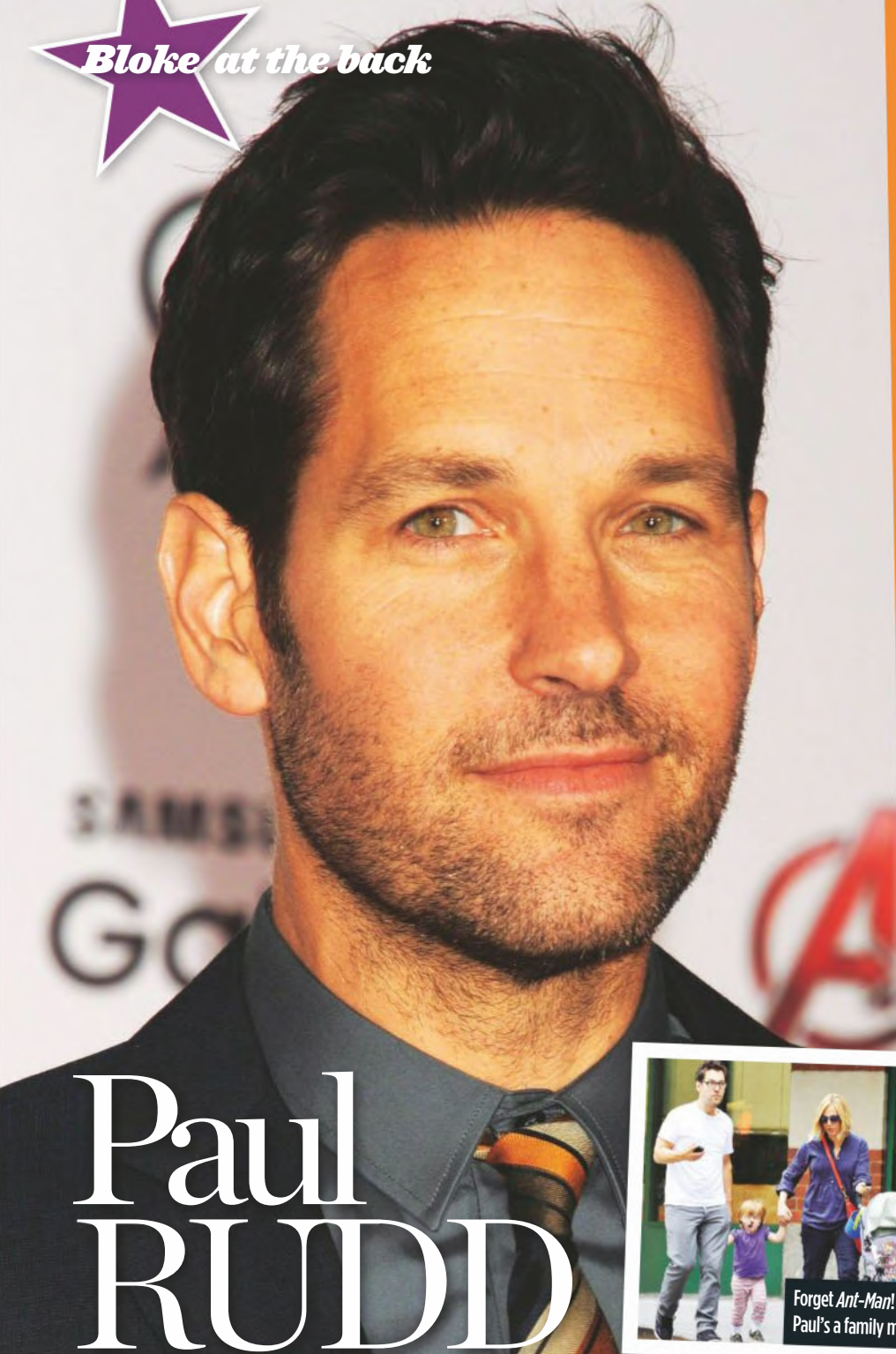
"I've  
used  
several  
other  
machines  
in the past  
and this  
is by far  
the best."

V Pettman  
- Kent





**Bloke at the back**



# Paul RUDD

*He's the Hollywood Everyman, but how much do you really know about the bloke behind the face?*

## Rudd-y good fun!

Whether it's as Mike in *Friends*, ladies' man Brian in *Anchorman* or downtrodden Pete in *Knocked Up*, you definitely know Paul Rudd. And now, with new Marvel film *Ant-Man*, the star is joining the superhero club. Paul, 46, lives in New York with wife Julie and kids Jack, nine, and Darby, five.

**I'm glad I didn't need to bulk up for *Ant-Man*.** I don't have that kind of build. My character is Ant-Man, so he's supposed to be slim and sinewy, albeit very strong and toned. That was my goal when I was training and dieting and I've never been in better shape in my life.

**When I was younger, I had trouble getting parts.** People thought of me as bland and too all-American, which was frustrating. But when I started to do comedy, I could see that audiences seemed to like the characters I was playing. So I kind of stuck with what was working for me.

**My parents were English and they loved their tea!** Those kinds of traditions were a big part of my upbringing. I went to Oxford for one term to study Jacobean drama and I'd never have done that unless I had that English sensibility. It was also one of the happiest times of my life. I love England.

**Being funny was my way of avoiding getting beaten up in school.** I grew up as a Jewish kid when there weren't a lot of Jewish kids in my neighbourhood. Obviously kids pick on you because you're considered weird. So it was the easiest way to get people to like me.

**Turning 40 was a difficult time for me.** My father had died and I was still grieving. You become aware of your own mortality and it makes you think more deeply about your life and your relationship with your wife and kids. There's a sense that this is your life and you better be very alive and in touch with your world because life can be fragile. ☹️

**\* *Ant-Man* is in cinemas 17 July**



Forget *Ant-Man*! Paul's a family man

## THE CASTING COUCH From 1990s heart-throb to one of Hollywood's finest comic actors...



**'95 Clueless**  
'It was so exciting because it was one of the first movies I did.'



**'04 Anchorman**  
'Journalists have a special kind of relationship with this movie.'



**'12 This Is 40**  
'Strangely, being able to fart in front of your wife is a sweet gesture!'



**'15 Ant-Man**  
'Very few actors ever get to do this kind of film.'

*Say what?  
'Children brighten your world because they wake you up so early!'*





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choose happiness\*



Energy	Fat	Saturates	Sugars	Salt
594kJ 139kcal	0g	0g	35g	0g
7%	0%	0%	39%	0%

100ml: 180kJ/42kcal



Energy	Fat	Saturates	Sugars	Salt
373kJ 89kcal	0g	0g	22g	0g
4%	0%	0%	25%	0%

100ml: 113kJ/27kcal



Energy	Fat	Saturates	Sugars	Salt
5kJ 1kcal	0g	0g	0g	0.07g
0%	0%	0%	0%	1%

100ml: 1.4kJ/0.3kcal



Energy	Fat	Saturates	Sugars	Salt
5kJ 1kcal	0g	0g	0g	0g
0%	0%	0%	0%	0%

100ml: 1.6kJ/0.4kcal

\*33% less calories vs full sugared cola in GB thanks to stevia extract.

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